

ADAPTED PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

DATE (day/mo/yr) : _____

Regular physical activity is fun and healthy and more people should increase their physical activity every day. Being more physically active is very safe for MOST people.

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor, nurse practitioner or health provider before you start exercising. If you are over 69 years of age, and you are not used to being very active, check with your doctor before you start an exercise program.

Please read the questions carefully and answer each one honestly. If you have any concerns about your health status, you should check with your doctor before becoming more physically active.

Question	Yes	No
1. Has your doctor ever said that you have a heart condition OR high blood pressure?		
2. Do you feel pain in your chest at rest, during your daily activities of living, OR when you do physical activity?		
3. Do you lose balance because of dizziness OR have you lost consciousness [fainted] in the last 12 months?		
4. Have you ever been diagnosed by a health professional as having any of the following (Check (✓) all that apply: <div><input type="checkbox"/>Heart Trouble <input type="checkbox"/>High blood pressure <input type="checkbox"/>High cholesterol <input type="checkbox"/>Diabetes</div> <div><input type="checkbox"/>Arthritis <input type="checkbox"/>Chronic asthma <input type="checkbox"/>Emphysema <input type="checkbox"/>Bronchitis</div> <div><input type="checkbox"/>Back problems <input type="checkbox"/>Foot problems <input type="checkbox"/>Allergies <input type="checkbox"/>Trouble hearing <input type="checkbox"/>Trouble seeing</div>		
5. Are you currently taking any medication for any of the conditions listed above? Please describe:		
6. Do you have a bone or joint problem that could be made worse by becoming more physically active? (if you had a joint problem in the past e.g. knee, ankle, shoulder, <u>but it does not limit your current ability to be physically active</u> , please answer NO to this question).		
7. Has your Doctor, Nurse Practitioner (or health provider) ever said that you should only do medically supervised physical activity?		
I have read and understood the above health questions and direction regarding my participation in the Fit, Fun & Fully Alive! Group Fitness Classes. <div>Your Initials: _____</div>		

IF YOU ANSWERED **YES** to one or more of the questions above, you should consult your doctor or health provider first before becoming more physically active. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

IF YOU ANSWERED **NO** to all the questions above, you can be reasonably sure that you can start becoming more physically active. Begin slowly and build up gradually. Delay becoming more active if you are not feeling well because of a temporary illness such as a cold or a fever -- wait until you feel better.

If your health changes so that you would answer **YES** to any of the PAR-Q questions, ask for advice from your health professional and let your Fitness Instructor know.