

Physical Activity Readiness Questionnaire (PAR-Q)

Name: _____ Age: _____
Address: _____ Postcode: _____
Email: _____ Mobile: _____

If you are between 15 and 69, this form will tell you if you should check with your doctor before you significantly change your physical activity patterns. **If you are over 69 years of age** and are not used to being very active, check with your doctor. *Common sense is your best guide when answering these questions.*

Please read each question carefully and answer each one honestly. Please circle either YES or NO

- 1. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? Yes No
- 2. Do you feel pain in your chest when you do physical activity? Yes No
- 3. In the past month, have you had a chest pain when you were not doing physical activity? Yes No
- 4. Do you lose balance because of dizziness or do you ever lose consciousness? Yes No
- 5. Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity? Yes No
- 6. Is your doctor currently prescribing medication for your blood pressure or a heart condition? Yes No
- 7. **Do you know of any other reason why you should not exercise?** Yes No

If yes, please comment: _____

If YES to ONE OR MORE: You should consult with your doctor to clarify that it is safe for you to become physically active at this current time and in your current state of health.

Having answered YES to one of the above, I have sought medical advice and my GP has agreed that I may exercise. I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature: _____ Date : _____

If NO to all questions: It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature: _____ Date : _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any question.

Please return your form to Sally, either at the start of your first class or:

Email: orpingtonpilates@gmail.com or ph Sally on 077 8603 5640

Preparing for your Mat Pilates Class

1. Please bring your own mat and a hand towel.
2. Stretchy clothing is recommended e.g. leggings and a t-shirt
3. Pilates is best performed in bare feet provided your feet are not cold! If you want to wear socks, please bring a FRESH pair.
4. Please don't have a big meal or drink before your class – you may feel uncomfortable exercising and I want you to get the most out of your class.

Mats and grippy socks: Please see me if you would like a thick mat or some grippy toe socks. I sometimes have extras available to purchase.

Exercising Safely

1. Please let me know at the start of each class if you have any recent injuries, aches and pains or illnesses.... E.g. a sore neck or back. So I can keep you exercising safely and comfortably.
2. If at any stage you experience sharp pain while exercising, you should always stop immediately! However, it's my job to help you work your muscles, so you will probably experience some muscle aches during your class (or 1-2 days after). Breathe deeply! Persevere! It will be easier next time ☺
3. Please have a drink of water as soon as possible after finishing your class. Even if you don't feel thirsty. Your body needs it!

It's Hands-On

I want you to get the most out of your Pilates work out. I do my best to explain verbally and to demonstrate but sometimes it's just easier and safer for me to adjust you using my hands. Please let me know, if you'd rather I didn't. I won't be offended!

Payments

In cash, at the start of each class please. Ask me about a discount for a multiclass pass.

All clear?

I look forward to seeing you at class and helping you develop a stronger, more flexible body!

I also offer private sessions for people who want to get their confidence up before joining a class.

Contact Sally: orpingtonpilates@gmail.com or mob: 077 8603 5640