



1 StepFitness Physical Activity Readiness Questionnaire (PAR-Q)

| | |
|----------------------|--|
| NAME (PRINT) | |
| DATE OF BIRTH | |
| PHONE NUMBER | |

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose any problem or hazard. PAR-Q is designed to identify the small number of adults (15 to 69) for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

| | Questions | Yes | No |
|---|---|------------|-----------|
| 1 | Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor? | | |
| 2 | Do you feel pain in your chest when you perform physical activity? | | |
| 3 | In the past month, have you had chest pain when you were not performing any physical activity? | | |
| 4 | Do you lose your balance because of dizziness or do you ever lose consciousness? | | |
| 5 | Do you have a bone or joint problem that could be made worse by a change in your physical activity? | | |
| 6 | Is your doctor currently prescribing any medication for your blood pressure or for a heart condition? | | |
| 7 | Do you know of <u>any</u> other reason why you should not engage in physical activity? | | |

Answered YES to one or more questions:

- Talk with your doctor before you start becoming much more physically active. Tell your doctor about the PAR-Q and which question(s) you answered YES.
- You may be able to do any activity you want as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow their advice.

Answered NO to all questions:

- If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better.
- If you are pregnant - talk to your doctor before you start becoming more active.
- If your health changes so that you then answer YES to any of the above questions, consult your doctor.

Yes to one or more questions-Having answered YES to one of the above questions, I am going to sought medical advice before I start regular exercise.

Participant's Signature: _____
Date: _____

No to all questions-I have read, understood and accurately completed the questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Participant's Signature: _____
Date: _____