

Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions.

Please read the questions carefully and answer each one honestly: check YES or NO

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition, high blood pressure or any other cardiovascular problems?
<input type="checkbox"/>	<input type="checkbox"/>	2. In the past month, have you had chest pains when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. Is there a family history of heart disease in your immediate (i.e. grandparents or parents) family (below the age of 55)?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you often get headaches, lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you suffer from either pain or limitation in movement in any joint which has been caused by exercise or may be made worse with physical exercise?
<input type="checkbox"/>	<input type="checkbox"/>	6. Are you currently taking any medication or recuperating from a recent illness or operation?
<input type="checkbox"/>	<input type="checkbox"/>	7. Are you pregnant?
<input type="checkbox"/>	<input type="checkbox"/>	8. Are you unaccustomed to exercise and aged over 60 (female) or over 65 (male)?
<input type="checkbox"/>	<input type="checkbox"/>	9. Do you have any other medical conditions (e.g. diabetes, epilepsy) which you think may affect your ability to participate in exercise?
<input type="checkbox"/>	<input type="checkbox"/>	10. Do you know of any other reason why you should not do physical activity?

If you answered 'YES' to one or more questions

You are advised to consult your doctor **BEFORE** you participate in any form of physical exercise programme. Written confirmation from your doctors will also be required stating what exercises would be appropriate.

'NO' to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.



DELAY BECOMING MUCH MORE ACTIVE

- If you are not feeling well because of temporary illness such as a cold or a fever – wait until you feel better.
- If you are or may be pregnant – talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer **YES** to any of the above questions, tell your fitness or health professional.

Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: we assume no liability for persons who undertake physical activity and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

NAME: _____

SIGNATURE: _____

DATE: _____

WITNESS: _____

DATE: _____

Note: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.