

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR Q)

Before you begin exercising your instructor needs to know some information about you to ensure the exercises are safe and effective. If you are between 15-69 years of age this PAR Q checklist will assist you in making a decision about your state of health before you change or increase your physical activity behaviour. If you are over 69 years of age and not already participating in regular exercise it is advisable to check with your doctor before you begin.

<b>Client Name</b>			
<b>Date</b>			
<b>Address</b>			
		<b>Post code</b>	
<b>DOB</b>			
<b>Email</b>			
<b>Phone</b>			
<b>Next of kin</b>			
<b>Emergency contact number</b>			

Please answer each question honestly with YES or NO	YES/NO
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	
Do you feel pain in your chest when you do physical activity?	
In the past month, have you had chest pain when you were not doing physical activity?	
Do you lose your balance because of dizziness or do you ever lose consciousness?	
Do you have a bone or joint problem (e.g., back, knee or hip) that could be made worse by a change in your physical activity?	
Is your doctor currently prescribing any medication for your blood pressure or heart condition?	
Do you know of any other reason why you should not participate in physical activity? If yes, please explain.	



If you answered:

**YES** to one or more of the questions above you should consult your doctor to gain consent before participating in physical activity.

**NO** to all the questions above it is considered reasonably safe for you to participate in regular physical activity. It is recommended that you start slowly – 20-30 minutes of low to moderate exercise, 3-5 times per week – and gradually build up from your current ability level.

It is advisable to consult with a qualified fitness professional to help you develop a safe and effective physical activity plan to meet your fitness goals and health needs.

I have read and understood the questions above and any questions I had have been answered to my satisfaction.

I understand that I am voluntarily engaging in a level of exercise appropriate for my ability and that my participation involves a risk of injury.

Client signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian signature (if required): \_\_\_\_\_

Date: \_\_\_\_\_

Witness signature: \_\_\_\_\_

Date: \_\_\_\_\_

NB. Should your condition change from a NO to YES on any question above then this form becomes invalid and should be completed again after consultation with your GP.

You should complete the PAR Q form every 6-12 months.

You should speak to your doctor if there are any changes to your health which would result in answering YES to any of the above questions.

If you are pregnant you should talk to your doctor for approval before becoming more active.