



# PAR-Q & YOU

NAME \_\_\_\_\_

AGE \_\_\_\_\_

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 years of age, 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 or NO	
<input type="checkbox"/> <input type="checkbox"/>	1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/> <input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/> <input type="checkbox"/>	3. In the past month, have you had chest pain when you are not doing physical activity?
<input type="checkbox"/> <input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/> <input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
<input type="checkbox"/> <input type="checkbox"/>	6. Is your doctor currently prescribing medication (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/> <input type="checkbox"/>	7. Do you know of any other reason why you would not do physical activity?

## YES to one or more questions

Talk with your doctor by phone or in person **BEFORE** you start becoming much more active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered **YES** to.

- 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 to your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful to you.

## 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 level 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 or
- If you are pregnant – talk to your doctor before you start becoming more active.

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Signature \_\_\_\_\_

Date \_\_\_\_\_