

Physical Activity Readiness Questionnaire: PAR-Q

If you are planning to become more physically active than you are now, start by answering the seven questions 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, please check with your doctor first.

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**.

Has your doctor ever said that you have a heart condition (*or any other medical condition*) that you should only do physical activity recommended by a doctor?

- ☐ Yes
- ☐ No

Do you feel pain in your chest when you do physical activity?

- ☐ Yes
- ☐ No

In the past month, have you had chest pain when you were not doing physical activity?

- ☐ Yes
- ☐ No

Do you lose your balance because of dizziness or do you ever lose consciousness?

- ☐ Yes
- ☐ No

Do you have a bone or joint issues that could be made worse by a change in your physical activity?

- ☐ Yes
- ☐ No

Is your doctor currently prescribing you medications? If yes, please list any current medications you are on, if you have a medication list please provide us with a copy to attach.

- ☐ Yes
☐ No

Do you know of any other reason why you should not do physical activity?

- ☐ Yes
☐ No

If you answered:

YES to one or more questions...

Consult with your doctor BEFORE you start becoming much more physically active or BEFORE you have a fitness assessment. Tell your doctor about the PAR-Q and which questions 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 his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions...

If you answered NO 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. and follow his/her advice.
- 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 a temporary illness such as a cold or a fever -- wait until you feel better; or
- If you are or may be pregnant -- talk to your doctor before you start becoming more active.