

PAR-Q & YOU

A Physical Activity Readiness Questionnaire

Positive Healthy Impact Training



Please write in **BLOCK CAPITALS**

First Name:	Surname:
Address:	
Date of Birth:	Telephone:

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being active is very safe for most people. However, some people should check with their doctor before becoming much more physically active. If you are planning to become more physically active than you are now, start by answering the seven questions in the box below.

Common sense is your best guide when you answer these questions. Please read the question carefully and answer each one honestly: tick 'YES' or 'NO'.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has a doctor ever said that you have a heart condition <u>and</u> 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 were 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 (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know <u>of any other reason</u> why you should not do physical activity?

If you answered YES to one or more questions

Discuss this with your Exercise instructor:

- 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.
- You may need to talk to your doctor before becoming more active.

If you 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 way and easiest way to go.
- Take part in a fitness appraisal and induction.

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.

PLEASE NOTE:

If your health changes so that you then answer YES to any of the above questions, tell your Exercise Instructor. Ask whether you should change your physical activity plan.

PLEASE TURN OVER

ANY OTHER RELEVANT INFORMATION (eg. Asthma etc.)

EXERCISE HISTORY?:

EXERCISE LIKES / DISLIKES?:

PARTICIPATION IN SPORT?:

INFORMED CONSENT

PROGRAMME OBJECTIVES

I understand that the purpose of this exercise programme is to provide safe and individualised exercise to improve health and fitness.

POTENTIAL RISKS

The exercise programme is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. There is a risk of certain changes that might occur during or following the exercise, maybe in relation to blood pressure or heart rate. Every effort will be made to minimise those risks by provision of appropriate supervision during exercise.

I understand that I am responsible for monitoring my own condition throughout the exercise programme and that should any unusual symptoms occur, I will immediately cease my participation and inform the instructor.

POTENTIAL BENEFITS

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- A decrease in the risk of heart disease
- Improved blood pressure
- Improvement in aerobic fitness
- A decrease in body fat
- Improvement in psychological function
- Improved circulatory system

If you make a mistake, please ask for a new form, as it will be invalid.

Please sign below (if you are under 18 years of age, the signature of parent/guardian is required)

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

Signature: _____ Print Name: _____

Date: _____

Instructor's Signature: _____ Print Name: _____