

PAR-Q AND YOU

Please read the following questions and answer each one honestly.

Yes No

- | | Yes | No |
|--|-----|----|
| 1 Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? | | |
| 2 Do you feel pain in your chest when you do physical activity? | | |
| 3 In the past month, have you had chest pain while you were not doing physical activity? | | |
| 4 Do you lose your balance because of dizziness or do you ever lose consciousness? | | |
| 5 Do you have a bone or joint problem that could be made worse by physical activity? | | |
| 6 Is your doctor currently prescribing drugs for your blood pressure or heart condition? | | |
| 7 Do you know of any other reason why you should not do physical activity? | | |

If you answered YES to one or more questions:

Talk to your doctor BEFORE you become more physically active or have a fitness appraisal. Discuss with your doctor which kinds of activities you wish to participate in.

If you answered NO to all questions you can be reasonably sure that you can:

- Start becoming much more physically active. Start slowly and build up gradually.
- Take part in a fitness appraisal. This is a good way to determine your basic fitness level. It is recommended that you have your blood pressure evaluated.

However, delay becoming active if:

- You are not feeling well because of temporary illness such as a cold or 'flu.
- You are or may be pregnant: talk to your doctor first.

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.

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

Name:

Signature of witness:

Signature:

Signature of parent/guardian:

Date:

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed, and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.