



PAR-Q

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 more physically active.

If you are planning to become much more physically active than you are now, start by answering the questions below. If you are between 15-69 years of age, the questionnaire 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

QUESTIONS:

| | <u>YES</u> | <u>NO</u> |
|---|--------------------------|--------------------------|
| 1. Has your 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 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 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 of any other reason why you should not do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered **YES** to one or more of these questions. Talk with your doctor by phone or in person **BEFORE** you start becoming more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the questionnaire 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.

If you answered **NO** honestly to all the questions, you can be reasonably sure that you can:

Start becoming 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 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 fever- wait until you feel better; or
If you are or may be pregnant – talk to your doctor before you start becoming more active.

Please note: If your health changes so that you then answer **YES** to any of the above questions, tell you fitness or health professional. Ask whether you should change you physical activity plan.

Name _____

Signature _____ Date _____



Please check any of the following conditions that apply to you:

- Family history of heart attacks or sudden death (father, mother or first degree relative)
- Cigarette Smoking within the last 6 months
- Hypertension (high blood pressure $\geq 140/90$)
- High Cholesterol (Total > 200 , HDL < 35 , or LDL > 130)
- High Blood Sugar (Diabetes)
- Overweight (BMI ≥ 30 or waist measurement > 39 inches)
- Sedentary Lifestyle (exercise less than 30 minutes, 5-7 days per week)

Do you have any of the following conditions:

- Pain or discomfort in the chest, neck, jaw arm or other area due to lack of blood flow
- Shortness of breath at rest or mild exercise
- Dizziness or fainting
- The need to sit up to breath comfortably, sudden breathing attack or shortness of breath at night
- Ankle swelling
- Palpations or rapid heart rate
- Calf cramping
- Known heart murmur
- Unusual fatigue or shortness of breath with usual activities
- Diabetes
- Thyroid Disease
- Kidney Disease
- Other _____