

Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people physical activity should not pose any problem or hazard. PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is the best guide in answering these few questions.

Please read the 7 questions below carefully and answer each one honestly: circle YES or NO.	
1. Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor?	YES / NO
2. Do you feel pain in your chest when you perform physical activity?	YES / NO
3. In the past month, have you had chest pain when you were not performing any physical activity?	YES / NO
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	YES / NO
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	YES / NO
6. Are you currently undertaking any form of physical rehabilitation?	YES / NO
7. Is your doctor currently prescribing any medication for your blood pressure or for a heart condition?	YES / NO
8. Do you have diabetes?	YES / NO
9. Do you have asthma?	YES / NO
10. Has your doctor ever said that you should only do medically supervised physical activity?	YES / NO
11. Are you pregnant or have you had a baby in the last 6 months?	YES / NO
12. Do you know of any other reason why you should <u>not</u> engage in physical activity?	YES / NO

If you answered "Yes" to one or more of the above questions: If you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity and/or taking a fitness appraisal. Tell your doctor what questions you answered 'yes' to on this PAR-Q. After medical evaluation, seek advice from your doctor as to your suitability for: (i) Unrestricted physical activity starting off easily and progressing gradually, and (ii) Restricted or supervised activity to meet your specific needs, at least on an initial basis

No to ALL questions: You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme or class. Remember to start slowly and build up the intensity and pace of your session gradually.

Assumption of Risk

I hereby state that I have read, understood and answered honestly the questions above. I also state that I wish to participate in activities, which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

Clients Name:

Clients Signature:

Date:

Trainers Name:

Trainers Signature:

Date:

Additional Note: I have taken medical advice and my doctor has agreed that I should exercise.

Clients Signature:

Date:

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