

PAR-Q (Physical Activity Readiness - Questionnaire)

Please read the following questions, and answer accordingly:

	Questions	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 when you were not doing physical activity?		
4.	In the past month, have you had chest pain when you were not doing physical activity?		
5.	Do you lose your balance because of dizziness, or do you ever lose consciousness?		
6.	Is your doctor currently prescribing drugs (for example, water pills) 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 with your doctor by phone or in person before you start becoming much more physically active.

Tell your doctor about this questionnaire and which question(s) you answered YES to.

- 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 that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answered NO honestly to all 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.

Delay becoming more active if:

- You are not feeling well because of temporary illness such as cold or fever – wait until you feel better.
- You are or may be pregnant – talk to your doctor before you start becoming more active.