

## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

This PAR-Q is designed to help you to help yourself. Many benefits are associated with regular exercise, and completion of the PAR-Q form 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 a problem or hazard.

The PAR-Q has been designed to identify a small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions. Please read the questions carefully and answer each one honestly, YES or 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?	YES	NO
2. Do you feel pain in your chest when you do physical activity?	YES	NO
3. In the past month, have you had chest pain when you were not doing 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 problems (for example, back, knee or hip) that could be made worse by a change in your physical activity?	YES	NO
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
7. Do you know of any other reason why you should not do physical activity?	YES	NO
8. Are you allergic to latex?	YES	NO

If you have answered YES to any of the above questions, then you are required to gain consent from your doctor before participating in exercise.

If you answered NO to all of the above questions and you have reasonable assurance of your suitability for exercise, you can start becoming more physically active - begin slowly and build up gradually, this is the safest and easiest way to go.

### PLEASE NOTE

Delay becoming more active / exercising if you are not feeling well because of a temporary illness such as a cold or a fever, wait until you feel better. If your health changes so that you then answer YES to any of the above questions, inform the fitness instructor and/or health professional. Ask whether you should change your physical activity plan.

### PRE & POST NATAL WOMEN TAKING PART IN EXERCISE

**Pregnant:** If you are pregnant you must be at least 12 weeks to take part in classes and not be suffering with any of the following contraindications: hemodynamically significant heart disease, restrictive lung disease, incompetent cervix, multiple gestation, persistent bleeding, placenta previa (after 28 weeks), premature labour, ruptured membranes, pregnancy induced hypertension, pre-eclampsia.

**Postnatal:** You must have been signed off by your GP and/or midwife and given the OK to exercise to take part in classes. This usually happens between 6-12 weeks after you have had your baby, depending on the type of delivery you had and your recovery.