PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise. Completing 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 has been 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 your best guide in answering these few questions. Please read them carefully and circle YES or NO for each question.

YES **NO** 1. Has your physician ever said you have heart trouble?

YES **NO** 2. Do you frequently have pains in your heart and chest?

YES **NO** 3. Do you often feel faint or have spells of severe dizziness?

YES **NO** 4. Has a physician ever said your blood pressure was too high?

YES **NO** 5. Has your physician ever told you that you might have a bone or joint problem such as arthritis that has been aggravated by exercise or might be made worse by exercise?

YES **NO** 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?

YES **NO** 7. Are you over age 65 and not accustomed to vigorous exercise?

IF YOU ANSWERED...

YES TO ONE OR MORE QUESTIONS:
If you have not recently done so, consult with your personal physician by telephone or in person **BEFORE** increasing your physical activity or taking a fitness test. Tell them what questions you answered YES on PAR-Q, or show your copy of this sheet.

PROGRAM ∇

After medical evaluation, seek advice from your physician as to your suitability for:

- unrestricted physical activity, probably on a gradually increasing basis.
- restricted or supervised activity to meet your specific needs, at least on a initial basis. Check in your community for special programs or services.

NO TO ALL QUESTIONS:
If you answered PAR-Q accurately, you have reasonable assurance that you are suited for:

- **A GRADUATED EXERCISE PROGRAM**
  A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.

- **AN EXERCISE TEST**
  Simple tests of fitness or more complex types may be undertaken if you so desire.

POSTPONE ∇

If you have a temporary minor illness, such as a common cold, vigorous exercise or exercise testing should be postponed.

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