



## PAR-Q

Regular physical activity is fun & healthy, & increasingly, more people are starting to become more active every day. Being more active is very safe for most people. However, some people should consult their doctor before the start becoming much more physically active.

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with a doctor before you start. If you are over 69 years of age, and you are not used to being very active, always check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully & answer each one honestly.

1. Has your doctor ever said that you have a heart condition & that you should only do physical activity when 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. Do you lose balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing you drugs (for example water pills) for your blood pressure or heart?
7. Do you know any other reason why you should not do a physical activity?

### **If you answered yes to any 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 PAR-Q & which questions you answered YES.

- You may be able to do any activity you want - as long as you start slowly & 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 & follow his/her advice.

### **No to all questions**

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:



- Start slowly becoming much more physically active - begin slowly & build up gradually. This is the safest & easiest way to go.

**Delay becoming more active:**

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

**Informed use of the PAR-Q:**

SEAL Fitness assume no liability for persons who undertake physical activity, & if in doubt after completing this questionnaire, consult your doctor prior to physical activity.