

(PAR-Q)

Physical Activity Readiness Questionnaire

PAR-Q is designed to help you help yourself. 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 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 check the correct answer opposite the question if it applies to you. If you have any questions regarding this document please contact the Fitness Director at your club.

	YES	NO
1. Has a doctor ever said you have heart trouble?	☐	☐
2. Do you frequently have pains in your heart and chest?	☐	☐
3. Do you often feel faint or have spells of severe dizziness?	☐	☐
4. Has a doctor ever said your blood pressure was too high?	☐	☐
5. Has a doctor ever told you that you have a bone or joint problem, such as arthritis that has been aggravated by exercise or might be made worse with exercise?	☐	☐
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?	☐	☐
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 and/or taking a fitness appraisal. Tell your physician what questions you answered "yes" to on PAR-Q or your present your PAR-Q copy.

Programs:

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

- unrestricted physical activity starting off easily and progressing gradually, and
- restricted or supervised activity to meet your specific needs, at least on an initial basis. Check in your community for special programs or services.

If you answered NO to all questions:

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for:

- a graduated exercise program - a gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort, and
- a fitness appraisal - the Canadian Standardized Test of Fitness (CSTF).

Postpone:

If you have a temporary minor illness, such as a common cold.



THE ALASKA CLUB