



Physical Activity Readiness Questionnaire

(A questionnaire for people aged 15 to 69) IF OVER 69 YEARS OF AGE A MEDICAL CLEARANCE IS REQUIRED

Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. Common sense is your best guide when you answer 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? Clarification – Persons with known heart disease are at an increased risk for cardiac complications during exercise. They should consult a physician and undergo exercise testing before starting an exercise program. The exercise prescription should be formulated in accordance with standard guidelines for cardiac patients. Medical supervision may be required during exercise training.

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? Clarification – a physician should be consulted to identify the cause of the chest pain, whether it occurs at rest or with exercise. If ischemic in origin, the condition should be stabilized before starting an exercise program. Exercise testing should be performed with the patient on his or her usual medication and the exercise prescription formulated in accordance with standard guidelines for cardiac patients. Medical supervision may be required during exercise training.

YES _____ NO _____

4) Do you lose your balance because of dizziness or do you ever lose consciousness? Clarification – a physician should be consulted to establish the cause of these symptoms, which may be related to potentially life threatening medical conditions. Exercise training should not be undertaken until serious cardiac disorders have been excluded.

YES _____ NO _____

5) Do you have a bone or joint problem that could be made worse by a change in physical activity? Clarification – existing musculoskeletal disorders may be exacerbated by inappropriate exercise training. Persons with forms of arthritis known to be associated with a systemic component (for example rheumatoid arthritis) may be at an increased risk for exercise related medical complications. A physician should be consulted to determine whether any special precautions are required during

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exercise training.

YES _____ NO _____

6) Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart? condition? Clarification – see question 1. Medication effects should be considered when formulating The exercise prescription. A physician should be consulted to determine whether the condition or factor requires special precautions during exercise training or contraindicates exercise training.

YES _____ NO _____

7) Do you know of any other reason why you should not do physical activity? Clarification – The exercise prescription may have to be modified in accordance with the specific reason, a physician may have to be consulted.

YES _____ NO _____

If a person answers yes to any question, exercise or exercise testing may have to be postponed. Medical Clearance may be necessary.

NOTE: If the PAR-Q is given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfactions.

Print Name _____ Date _____

Signature _____ Date _____