

# Exercise Disclaimer and Readiness Questionnaire

Participant Acknowledgement and Health Screening

## Exercise Disclaimer

Please read the following disclaimer carefully before participating in any exercise program:

- I understand that participation in any exercise program involves physical activity and carries a risk of injury.
- I acknowledge that I am responsible for consulting with a physician before engaging in physical activities or exercise programs.
- I agree to assume all risks associated with participation, and release the program organizers, instructors, and related parties from any liability for injuries or health issues that may result.

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Exercise Readiness Questionnaire (PAR-Q)

Please answer the following questions honestly. This information will help determine if you should consult your doctor before increasing your physical activity.

- Has your doctor ever said that you have a heart condition and that you should only do physical activity 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 your 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 drugs (for example, water pills) for your blood pressure or heart condition?
- 7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions:

It is recommended that you consult with your physician before becoming more physically active.

If you answered NO to all questions:

You can be reasonably sure that you can start becoming more physically active, gradually building up from your current level of activity.

Participant Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_