

MUSCLE POWER JOURNEY

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To complete this form please fill out and return to musclepowerjourney@gmail.com before making your appointment/ commencing your program/diet plan with a trainer.

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 should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15 and 69, the PAR-Q (Physical Activity Readiness Questionnaire) will tell you if you should check with your doctor before you start. If you are over 69 and you are not used to be physically active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. Check **YES** or **NO**

YES NO

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness, or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (ex. water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of any other reasons why you should not do physical activity? |

Yes to one or more question: Talk to your doctor before you start becoming much more physically active and before you have a fitness appraisal. Talk to your doctor about the PAR-Q form. You might be able to do any activity as long as you start gradually. Or, you may restrict your activities to those which are safe for you.

No to all questions: You can start becoming more physically active – begin slowly and build up gradually.

Delay becoming much more active:

- If you are not feeling well because of a temporary illness such as a cold or a fever – wait until you feel better
- If you are pregnant – talk to your doctor before you start becoming more active
- If your health changes so that you then answer **YES** to any of the above questions, consult your doctor

I have read, understood and completed the questionnaire. Any questions that I had were answered to my full satisfaction.

Participants Signature ----- **Date:**-----

