



Physical Activity Readiness Questionnaire

PAR-Q

For most people physical activity should not pose any problems or hazards. 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.

Please read each question carefully and check 'yes' or 'no' opposite the question if it applies to you. Completing this quiz will give you an idea if you should consult your doctor before starting an exercise program. Your doctor can advise you and your coach as which exercise and intensity is best for you.

Yes No

1. ___ ___ Has your 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 your 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? If Yes, Please Explain:

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 test.

If you answered NO to all questions...

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise assessment and may begin an exercise program with AthletEdge.