



Physical Activity Readiness
Questionnaire = PAR-Q

PAR-Q & YOU

(A Questionnaire for people aged 15 to 69)

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 much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very 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	
___	___	1. Has your doctor every said that you have a heart condition <u>and</u> that you should only do physically Activity recommended by a doctor?
___	___	2. Do you feel pain, discomfort 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, syncope or do you ever lose consciousness?
___	___	5. Do you have a bone or joint problem (for example, back, knee or hip) 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 get shortness of breath at rest or with mild exertion?
___	___	8. Palpitations or tachycardia (rapid heart rate)
___	___	9. Known heart murmur
___	___	10. Orthopnea (the need to sit up to breathe comfortably) or Paroxysmal (sudden unexpected attack)

YES NO

__ __ 11. Unusual fatigue or shortness of breath with usual activities

__ __ 12. Do you have Ankle edema? (Swelling/water retention)

__ __ 13. Intermittent claudicating (calf cramping)

__ __ 14. Do you have any of the following: COPD, asthma, interstitial lung disease, or cystic fibrosis)

__ __ 15. Do you have any of the following: Type 1 or 2 diabetes mellitus, thyroid disorders, renal or liver disease

If You Answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active-begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal-this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 140/90, talk with your doctor before you start becoming much more physically active.

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; or
- If you are or may be pregnant – talk to your doctor before you start becoming more active

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

Note: If the PAR-Q is being 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 satisfaction.”

NAME _____

SIGNATURE _____ DATE _____

SIGNATURE OF PARENT _____ WITNESS _____

Or Guardian (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.