

# Physical Activity Readiness Questionnaire (PAR-Q)

Regular structured exercise can be extremely beneficial to our health and wellbeing and for most people such activity should not pose any problems, however if you are new to exercise or are planning to change activities or increase levels of participation, it is very important to ask yourself a few questions.

The following PAR-Q is designed to help identify any potential concerns or even contra-indications that may warrant further medical advice before proceeding.

Please answer the following questions with honesty and common sense.

1	Do you currently or have you ever smoked?	Yes	No
2	Have you ever felt pain in your chest when doing physical exercise?	Yes	No
3	Have you ever suffered from unusual shortness of breath at rest or during mild exertion?	Yes	No
4	Do you ever feel faint or have severe dizziness or have lost consciousness?	Yes	No
5	Do you have high blood pressure?	Yes	No
6	Do you have low blood pressure?	Yes	No
7	Are you diabetic or suffering from any other metabolic condition/disease?	Yes	No
8	Has your doctor ever said you have raised cholesterol (serum level >6.2mmol/L)?	Yes	No
9	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	Yes	No
10	Are you currently taking and/or being prescribed drugs or medication?	Yes	No
11	Is there a history of Coronary Heart Disease in your family?	Yes	No
12	Are you or is there any possibility that you might be pregnant?	Yes	No
13	Do you have a bone or joint problem, such as arthritis, that may be aggravated by physical activity?	Yes	No
14	Do you currently drink more than the Government recommended guideline limits for alcohol consumption (14 units for women, 21 units for men)?	Yes	No
15	Do you NOT currently exercise on a regular basis (>3 times/week) and/or work in a job that is physically demanding?	Yes	No
16	Do you know of any other reason why you should not participate in a programme of physical activity?	Yes	No

If YES, please give details:

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If you answered **YES** to any of the above questions you may need to consult with your doctor before undertaking a fitness appraisal or proceeding with any change in your current level of physical activity.

If you honestly answered **NO** to all the questions above then you have reasonable assurance of your present suitability to undertake a fitness appraisal and/or a graduated exercise programme.

Assumption of risk

I hereby state that I have read, understood and answered honestly the above PAR-Q. I also state that I wish to participate in activities which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involves the risk of injury and even the possibility of death. Furthermore, I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.

Client name	Trainer name
Client signature	Trainer signature
Date	Date