

Luke Young

PAR-Q & YOU

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. The PAR-Q will tell you if you should check with your doctor before you start. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one truthfully: Tick **YES** or **NO**.

	YES	NO
1. 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 (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 know of any other reason why you should not do physical activity?		

If you have 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 attend the bootcamp or personal training. 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.

If you have answered 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.

“I have read, understood and completed this questionnaire. Any queries I had were answered to my full satisfaction”

Name:	Signature:
Date:	Signature: (of parental guardian for those under the age of 16 years)

In completing this form, I affirm that I have read, understood and answered the PAR-Q truthfully. Any questions I had were answered to my full satisfaction. I also state that I wish to partake in activities which are shown by the instructor which may include but not limited to cardiovascular, resistance and strength exercises using my body weight and equipment. I recognize that my involvement may involve the possible risk of injury. In addition to this, I hereby affirm that I am willingly engaging in an acceptable level of exercise which has been recommended to me and realize that I am taking part entirely at my own risk and waive any legal recourse for damages to myself or my property which may arise from my involvement.

Please be aware that the Par-Q is valid for a maximum of 12 months from the date it is completed. In the event that you circumstances change so that you would answer YES to any of the seven questions then the Par-Q will become invalid and a new one will be required.

Informed Use of the PAR-Q:

Luke young assumes no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity. Physical Activity Readiness Questionnaire (PAR-Q).