

Move While You Can Personal Training: PAR-Q Form

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If you are planning to become much more physically active than you are now, start by answering the questions 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

Have you been recently hospitalized? ☐ Yes ☐ No

If yes, explain:

Are you pregnant or have had a baby in the last six months? ☐ Yes ☐ No

Have you ever been advised by your doctor that you have a heart condition and should only do physical activity recommended by a doctor? ☐ Yes ☐ No

Do you lose your balance because of dizziness or do you ever lose consciousness? ☐ Yes ☐ No

Do you have high blood pressure? ☐ Yes ☐ No

Do you have Diabetes? ☐ Yes ☐ No

Do you have feel pain in your chest when you do physical activity? ☐ Yes ☐ No

In the past month, have you had chest pain when you were not performing any physical activity? ☐ Yes ☐ No

Do you have a bone or joint problem that could be made worse by a change in your physical activity? ☐ Yes ☐ No

Is there another reason why you should not participate in physical activity? ☐ Yes ☐ No

If yes, explain:

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 session.

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.

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.

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. 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:

Date and signature