

APPENDIX

Physical Activity Readiness Questionnaire (PAR-Q)

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before engaging in physical activity. Common sense is your best guide when you answer these questions. Please read them carefully and answer each one honestly by checking Yes or No.

Yes No

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|--------------------------|--------------------------|---|
| ☐ | ☐ | 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 (e.g., back, knee, or hip) that could be made worse by a change in your physical activity? |
| ☐ | ☐ | 6. Is your doctor currently prescribing drugs (e.g., water pills) for high blood pressure or a heart condition? |
| ☐ | ☐ | 7. Do you know of any other reason why you should not engage in physical activity? |
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If you answered Yes to one or more questions, talk to your doctor **before** beginning a physical activity program.

If you answered No to all questions, you can be reasonably sure that you can start becoming more physically active.