



PAR-Q & YOU

The Physical Activity Readiness Questionnaire for Everyone

Regular physical activity is fun and health, and increasingly more people are starting to become more active every day. Being more active is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your doctor OR a qualified exercise professional before becoming more physically active.

GENERAL HEALTH QUESTIONS		
Please read the 7 questions below carefully and answer each one honestly: check YES or NO.	YES	NO
1.) Has your doctor ever said that you have a heart condition OR high blood pressure?		
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 balance because of dizziness OR have you lost consciousness?		
5.) Do you have bone or joint problem that could be made worse by physical activity?		
6.) Is your doctor currently prescribing drugs for your blood pressure or heart condition?		
7.) Do you know of any other reasons why you should not do physical activity?		

If you answered YES to one or more questions

Talk with your doctor BEFORE you start becoming more physically active. Tell your doctor about the Par-Q and which questions you answered YES to.

- 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 their advice.
- Find out which community programs are safe and helpful for you.

If you answered NO

If you answered NO to all PAR-Q questions you can be reasonably sure that you can start to become more physically active – consider starting slowly and building up gradually. This is the safest and easiest way to begin.

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.
- Delay your physical activity if you are not feeling well because of a temporary illness such as a cold or fever. Wait until you feel better.
- If you are pregnant – talk to your doctor before becoming more active

PARTICIPATION DECLARATION

** If you are less than the legal age of consent or require the assistance of a care provider, your parent, guardian, or care provider must also sign this form.*

I, the undersigned, have read, understood to my full satisfaction, and completed the questionnaire and that it becomes invalid if my condition changes. I also acknowledge that Tla'amin Nation Community Recreation Department may retain a copy of this form for its records. In these instances, it will remain confidential.

NAME: _____ DATE: _____

SIGNATURE: _____ WITNESS: _____

SIGNATURE OF PARENT/GUARDIAN/CARE PROVIDER: _____