

Physical Activity Readiness Questionnaire

Becoming more active is very safe for most people. However, some people should check with their doctor before they start becoming more physically active, particularly if it involves vigorous-intensity exercise or exertion. Start by answering the seven questions below. If you are between the ages of 18 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 are not used to being very active, definitely check with your doctor first.

- 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 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 answered YES to one or more questions, talk with your doctor before you start becoming much more physically active.

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active right now. Be sure to start slowly and progress gradually - this is the safest and easiest way to go.

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

You are or planning to be pregnant - talk to your doctor before you start becoming much more active.