

Physical Activity Readiness Questionnaire (PAR-Q)

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.

Are you over age 69 and not used to being physically active?	YES	NO
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
In the past month, have you had chest pain when you were not doing physical activity?	YES	NO
Do you lose your balance because of dizziness or do you ever lose consciousness?	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 your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	YES	NO
Do you know of any other reason why you should not do physical activity?	YES	NO
Are you currently pregnant or recently had surgery?	YES	NO

If you answered NO to all 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.

If you answered YES to any questions, talk to your doctor by phone or in person BEFORE you start becoming much more physically active. Tell your doctor about the questions you answered YES.

You may be able to do any activity you want, as long as you start slow 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.