

# PAR-Q and You

Regular physical activity is fun and healthy, and being more active is safe for most people. However, some people should check with their doctor before they start an exercise program. If you plan to work out at the UM-Flint Recreation Center, start by answering the questions in the box 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**. Please read the questions carefully and answer each one honestly. Let common sense be your guide. All information will be kept confidential.

## Check yes or no

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?** (i.e., heart attack/heart surgery/cardiac catheterization/coronary angioplasty/a pacemaker/implantable cardiac defibrillator/rhythm disturbances/heart valve disease/heart failure/heart transplantation/congenital heart disease).

**Do you feel pain in your chest when you do physical activity?**

**In the past month, have you had chest pain when you were not doing physical activity?**

**Do you lose your balance because of dizziness or do you ever lose consciousness?**

**Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?**

**Do you have a bone or joint problem that could be made worse by a change in your physical activity?**

**Do you know of any other reason why you should not do physical activity?**

## If You Answered

### Yes to one or more questions

Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal.

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

### NO to all questions

If you answered NO honestly 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.
- Take part in a fitness assessment – this is an excellent way to determine your fitness level so that you can plan the best way for you to live actively.

### Delay becoming much more active:

- If you are not feeling well because of a temporary illness – wait until you feel better; or
- If you are or may be pregnant – talk to your doctor before you start an exercise program.

**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.**

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Witness \_\_\_\_\_