(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven 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.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO		
		1.	Has your doctor ever said that you have a heart condition <u>and</u> 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 (for example, back, knee or hip) that could be made worse by a change in your physical activity?
		6.	ls your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
		7.	Do you know of <u>any other reason</u> why you should not do physical activity?
			YES to one or more questions
lf			1L3 to one of more questions
•			Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal.

## answered

Tell your doctor about the PAR-Q and which questions you answered YES.

- 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 <u>all</u> PAR-Q 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 appraisal this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### **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
- if you are or may be pregnant talk to your doctor before you start becoming more active.

**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.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

### No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

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

NAME	
SIGNATURE	DATE
SIGNATURE OF PARENT or GIJARDIAN (for participants under the age of majority)	WITNESS

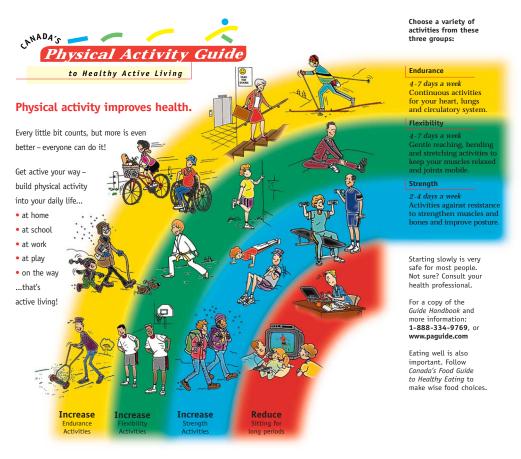
Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.







# PAR-Q & YOU



### Get Active Your Way, Every Day-For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.



### You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine

- Walk whenever you can-get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
  Play actively with your kids.
- Choose to walk, wheel or cycle for short trips
- . Start with a 10 minute walkgradually increase the time Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it. Try one class to start - you don't
- have to make a long-term commitment. Do the activities you are doing

Health risks of inactivity:

now, more often.

### Benefits of regular activity:

- better health
- better posture and balance better self-esteem
- weight control
- stronger muscles and bones feeling more energetic relaxation and reduced stres
- premature death heart disease obesity
- high blood pressure
   adult-onset diabetes
- osteoporosis stroke
- depressioncolon cance





Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf © Reproduced with permission from the Minister of Public Works and Government Services Canada, 2002.

### FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The Physical Activity Readiness Medical Examination (PARmed-X) - to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy) — to be used by doctors with pregnant patients who wish to become more active.

### References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. J. Clin. Epidemiol. 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy, In: A. Quinney, L. Gauvin, T. Wall (eds.), Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). Can. J. Spt. Sci. 17:4 338-345.

To order multiple printed copies of the PAR-Q, please contact the:

Canadian Society for Exercise Physiology 202-185 Somerset Street West Ottawa, ON K2P 0J2 Tel. 1-877-651-3755 • FAX (613) 234-3565 Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (revisé 2002)».









