

# Scрабо Striders

## Physical Activity Readiness Questionnaire

Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose any problem or hazard. PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is the best guide in answering these few questions.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

	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?		
Have you ever felt pain in your chest when you do physical exercise?		
Do you often feel faint, have spells of severe dizziness or have lost consciousness?		
Has your doctor ever said that you have a bone or joint problems, such as arthritis that has been aggravated by exercise or might be made worse with exercise?		
Is your doctor currently prescribing you drugs or medication?		
Do you know of any other reason why you should not participate in a physical activity programme?		
If YES, please comment:		

**If you answered YES to one or more questions:**

You should consult with your doctor, if you have not already done so, to clarify that it is safe to become physically active at this current time and in your current state of health.

**If you answered NO to all questions:**

It is reasonably safe for you to participate in physical activity.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Having answered YES to one of the questions above, I have sought medical advice and my GP has agreed that I may exercise.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_