

Physical Activity Questionnaire PAR-Q

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 more physically active.

Please answer the eight questions below. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

YES	NO	QUESTION
		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?
		8. Are you pregnant?

If you answered YES to one or more questions, you are required to provide a physician's written release (Medical Release Form) prior to attending group fitness classes (ex: Pilates or PiYo). Please note: If your health changes so that your answers to any of the above questions will change, please inform Kris Jepsen, Manager of Bona Fide Fitness, LLC as well as any of the fitness instructors you may be working with. Ask your physician whether you should change your physical activity plan and be sure to share the recommendation(s) with your instructor. This information will be kept confidential.

I have read, understood and completed this questionnaire.

Date: _____

Signature: _____

NAME: _____ Print

Signature: _____

Content taken in part from the Par-Q, Physical Activity Questionnaire developed by the Canadian Society for Exercise Professionals.