



# PAR- Q

**This questionnaire is for people aged 15 to 69**

Being more active can be fun and healthy and is safe for most adults however some people need to check with their GP before starting a new physical activity.

Please answer the 7 questions below to see if you need to check with your GP. If you are over 69 and unused to physical activity you should check with your GP.

Please read the questions carefully and answer each one honestly:

		YES	NO
1	Has your GP ever told you that you have a heart condition <b>and</b> that you should only do physical activity recommended by a doctor?		
2	Do you lose your balance because of dizziness or do you ever lose consciousness?		
3	Do you have a joint or bone problem that might be aggravated by increased physical activity (eg back, knee, hip)?		
4	Do you feel chest pain when doing physical activity?		
5	In the past month, have you had chest pain when not doing physical activity?		
6	Have you been prescribed drugs for blood pressure or a heart condition?		
7	Is there <b>any other reason</b> why you should not do physical activity?		

If you answered YES to one or more of the questions please talk to your doctor by phone or in person BEFORE starting classes.

If you honestly answered NO to **all** the questions then you can be reasonably sure that you are ready to join our class(es). Please ensure you build up gradually. If unsure please speak to your instructor.

It is recommended that you have your blood pressure checked and if it is over 144/94 speak with your doctor before starting a new exercise programme.

I have read and understood this questionnaire and have had a satisfactory answer to any questions I have raised:

Name: ..... Signed .....

Contact (in case of class cancellation) ..... Date: .....

**Please ensure you advise your instructor of changes that might affect your ability to exercise safely.**