

THE PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

1. Has your doctor ever said that you have a heart condition and that You should only do physical activity recommended by a doctor? YES - NO
2. Do you feel pain in your chest when you do physical activity? YES - NO
3. In the past month, have you had chest pain when you were not Doing physical activity? YES - NO
4. Do you lose your balance because of dizziness or do you ever Lose consciousness? YES - NO
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? YES - NO
6. Is your doctor currently prescribing drugs (for example, water pills) For your blood pressure or heart conditions? YES - NO
7. Do you know of any other reason why you should not do physical activity? YES - NO

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity programme 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/Guardian..... Witness.....

If you answered YES to one or 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. Tell your doctor about the PAR-Q and which questions you answered **YES** to.

- You may be able to do any activity you want – as long as you start slowly and build up gradually
- 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

If you answered No to all questions:

If you answered **No** honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming more physically active – begin slowly and build up gradually
- 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

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