



Fit 4 Life

Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise and the completion of a 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 problems or hazard. The PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice regarding the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read the following questions carefully and check **YES** or **No** below the question if it applies to you.

Has a Doctor or medical professional ever told you that you have high blood pressure?

YES No

Do you suffer from a bad back or have any problems with your joints?

YES No

Have you ever had any abdominal problems such as post hernias, muscle tears or any operations in the abdominal region?

YES No

Are you aware of any heart problems?

YES No

Do you suffer from any form of respiratory disorder such as Asthma or COPD that affects your activity ability?

YES No

Are you or do you suspect that you may be pregnant at this time, or have you given birth within the last 6 months?

YES No

Do you suffer from either of the following?:

Epilepsy YES No

Diabetes YES No

Do you lose your balance, suffer from dizziness or ever lost consciousness?

YES No

Are you currently taking medication?

YES No

If you answered YES to any of these questions or wish to add anything else in regards to your health you think is relevant to this induction please expand below:

Signed: _____

Print name: _____

If you answered **NO** to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities and/or fitness evaluation testing. The fact that you answered **NO** to the above questions is no guarantee that you will have a normal response to exercise.

If you answered **YES** to any of the above questions, then you may need written permission from a doctor before participating in physical and aerobic fitness activities.

CONTINUED OVERLEAF



Fit 4 Life

Physical Activity Readiness Questionnaire (PAR-Q) continued

General Health & Safety Advice

Check machines are in full working order. Always adjust seats whilst standing. Check weights and adjust before use. Ensure correct technique as demonstrated by instructor. If unsure, stop and ask for assistance.

Patient/Customer

The answers I have given in the PAR-Q overleaf are correct to the best of my knowledge and I consent to taking part in exercise. I am fully aware of the risks involved in taking part in an exercise programme and confirm that the programme has been fully explained to me. If any of my medical conditions change I will consult with a member of the exercise team.

I understand that during my induction I have been shown a select amount of exercise equipment. If I wish to add new exercises to my programme or require a reminder of correct usage, I am aware I must seek the advice of the exercise professionals for a full demonstration on safe and correct usage.

Signed: _____ **Print Name:** _____ **Date:** _____

May we contact you in the following ways?

Phone: Yes No Number: _____

Text message: Yes No Number: _____

Email: Yes No EMail: _____

Exercise Professional

I have fully explained the exercise programme to _____ and am satisfied that he/she complies with the criteria to exercise.

Signed: _____ **Print Name:** _____ **Date:** _____