



## PAR-Q Physical Activity Readiness Questionnaire

Employee Name (print) \_\_\_\_\_

For most people physical activity should not pose any problem or hazard. 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 concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the yes or no opposite the question if it applies to you.

**Please answer the following questions with a YES or NO:**

- Has your doctor ever said you have heart trouble?
- Do you frequently have pains in your heart and chest?
- Do you often feel faint or have spells of severe dizziness?
- Has a doctor ever said your blood pressure was too high?
- Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
- Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- Are you over age 65 and not accustomed to vigorous exercise?

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

If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

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

If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for exercise.

**Only if you answered no to all of the above then answer the following with a brief description:**

Do you exercise regularly?

What methods do you do for exercise?

How many times a week and for how long each time?

Employee Signature:

Date:

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