

Physical Activity Readiness Questionnaire (PAR-Q) Form

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 physician before they start becoming more physically active. Please complete this form as accurately and completely as possible.

PAR-Q FORM Please mark YES or No to the following; if yes please give more information:

Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity?

Do you frequently have pains in your chest when you perform physical activity?

Have you had chest pain when you were not doing physical activity?

Have you had a stroke?

Do you lose your balance due to dizziness or do you ever lose consciousness?

Do you have a bone, joint or any other health problem that causes you pain or limitations that must be addressed when developing an exercise program (i.e. diabetes, osteoporosis, high blood pressure, high cholesterol, arthritis, anorexia, bulimia, anaemia, epilepsy, respiratory ailments, back problems, etc.)?

Are you pregnant now or have given birth within the last 6 months?

Do you have asthma or exercise induced asthma?

Do you have low blood sugar levels (hypoglycaemia)?

Do you have diabetes?

Have you had a recent surgery?

Do you take any medications, either prescription or non-prescription, on a regular basis? Yes/No

What is the medication for?

How does this medication affect your ability to exercise or achieve your fitness goals? _____

If you answered YES to one or more question, talk with your doctor BEFORE you start becoming much more physically active. Tell your doctor about the PAR-Q and which questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually, as long as you follow your doctor's advice and advise me in time before your class.

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active-begin slowly and build up gradually. This is the safest and easiest way to go.

Is your job sedentary, active or physically demanding?

On a scale of 1-10, how would you rate your present fitness level (1=Low 10=High)?_____

I certify that the answers to the questions outlined on the PAR-Q form are true and complete to the best of my knowledge. I acknowledge that medical clearance has been attained if I have answered "Yes" to any of the questions on the PAR-Q form. I understand and agree that it is my responsibility to inform Louise Mackrill of any conditions or changes in my health, now and ongoing, which might affect my ability to exercise safely and with minimal risk of injury. I have read, understood, and completed the questionnaire. Any questions I had were answered to my full satisfaction.

Print Name:_____

Signature:_____

Email address:_____

Telephone number:_____

Date: _____

Emergency Contact number:_____

Where did you hear about this class? _____

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