

## Physical Activity Readiness Questionnaire (PAR-Q)

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 doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. The PAR-Q will tell you if you should check with your doctor before you start.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. Check YES or NO.

Yes	No	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 pains 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 that could be made worse by a change in your physical activity?
Yes	No	6. Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart condition?
Yes	No	7. Do you know of any other reason why you should not do physical work?

Talk with your doctor by telephone 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.

- You may be able to do any activity you want, as long as you start slowly and build up gradually. Or, 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 advise.
- Find out which community programs are safe and helpful for you.

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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.
  - 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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- If you are not feeling well because of a temporary illness such as cold or fever – wait until you feel better.
  - If you are or may be pregnant – talk to your doctor before becoming more active.
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**Note:** If your health changes, or you have answered YES to any of the above questions, tell your fitness expert or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q: The Canadian Society of Exercise Physiology, Health Canada and their agents assume no liability for persons who undertake physical activity. If in doubt after completing the questionnaire, consult your doctor prior to physical activity.

You are encouraged to copy the PAR-Q, but only if you use the entire form.

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**Note:** If the PAR-Q is being given to a person before he/she participates in a physical activity program 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:	DATE:
SIGNATURE:	WITNESS: