

PAR – Q

The PAR-Q will tell you if you should check with your doctor before you start. If you are not used to being very active, check with you doctor.

Common sense is your best guide when you answer these questions. Please read carefully and answer each one honestly.

Medical History	Yes	No
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity unless recommended by a doctor?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month have you had chest pain when you were not doing physical activity?		
4. Do you lose balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Is your doctor currently prescribing you medication (for example water pills) for your blood pressure or heart?		
7. Do you know of any other reason why you should not do physical activity?		

If you have answered yes to any of the questions above, please provide details below including how this may affect physical activity.

Informed Consent

I fully understand that my participation in this programme is completely voluntary and I may withdraw from the prescribed exercises at any time. I also confirm that I understand that exercise involves inherent but unlikely risk of injury and in extreme circumstances the possibility of death. By signing below I confirm that I have answered honestly to all of the pre-exercise medical questions and release the instructor from any liability with respect to any damage or injury which I may suffer whilst exercising.

Signature: _____ Date: _____

Name: _____ Address, Phone No & Email: _____

