

Becoming more active is very safe for most people, but if you're in doubt then please complete the questionnaire below. Some people should check with their doctor before they start becoming much more physically active. Start by answering the seven questions below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and are not used to being very active, definitely check with your doctor first.

Yes	No	(please tick box)	
1	<input type="checkbox"/>	<input type="checkbox"/>	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2	<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain in your chest when you do physical activity?
3	<input type="checkbox"/>	<input type="checkbox"/>	In the past month, have you had chest pain when you are not doing physical activity?
4	<input type="checkbox"/>	<input type="checkbox"/>	Do you lose your balance because of dizziness or do you ever lose consciousness?
5	<input type="checkbox"/>	<input type="checkbox"/>	Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6	<input type="checkbox"/>	<input type="checkbox"/>	Is your doctor currently prescribing medication (for example, water pills) for your blood pressure or heart condition?
7	<input type="checkbox"/>	<input type="checkbox"/>	Do you know of any reason why you should not do physical activity?

If you answered YES to one or more questions, speak to your doctor before you start becoming much more physically active.

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active right now. Be sure to start slowly and progress gradually - this is the safest and easiest way to go.

Delay becoming much more active if:

- You are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better; or
- You are or may be pregnant - talk to your doctor before you start becoming much more active.

Note: If your health changes so that you then answer **YES** to any of the above questions, ask for advice from your fitness or health professional.

I understand that it is my responsibility to inform the Fitness Centre Staff if my health status changes.

Name:.....Signature.....Date.....