

Being active is very safe for most people, however some people need to consult a physician before they become much more physically active. If you are planning to become more physically active than you are at the moment, start by answering the following questions. If you are between the ages of 15-69, this health screening will let you know if you need to consult a physician before you start. If you are over 69 years of age and are not regularly active, please consult your physician.

PAR-Q FORM Please circle YES or NO to the following:

1) Has your doctor ever said that you have a heart condition and recommended only medically supervised physical activity? **YES NO**

2) Do you frequently have pains in your chest when you perform physical activity? **YES NO**

3) Have you had chest pain when you were not doing physical activity? **YES NO**

4) Do you lose your balance due to dizziness or do you ever lose consciousness? **YES NO**

5) 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, anemia, epilepsy, respiratory ailments, back problems, etc.)? **YES NO**

6) Are you pregnant now or have given birth within the last 6 months? **YES NO**

7) Have you had any previous surgeries? **YES NO**

8) If you have marked YES to any of the above, please elaborate below:

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

10) What is the medication for? _____

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

NOTE: It is wise to seek your doctors advice before beginning any health, fitness, or nutrition program! Be sure to build up gradually and respect your current level of fitness.