

# PAR-Q

## The Physical Readiness Questionnaire for Everyone

The PAR-Q is a self-administered (do it yourself) questionnaire. It is designed to assess your readiness to participate in more physical activity or engage in a fitness appraisal. The health benefits of regular physical activity are clear; more people should engage in physical activity every day of the week. Participating in physical activity is very safe for MOST people. This questionnaire will tell you whether it is necessary for you to seek further advice from your health care provider OR a qualified exercise professional\* before becoming more physically active.

### Please read the following seven (7) questions carefully and answer each one honestly YES or NO:

1. Has your doctor ever said that you have a heart condition **OR** high blood pressure?
2. Do you feel pain in your chest at rest, during your daily activities of living, **OR** when you do physical activity?
3. Do you lose your balance because of dizziness OR have you lost consciousness in the last 12 months?  
Please answer NO if *your dizziness was associated with over-breathing (including during vigorous exercise)*.
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
5. Are you currently taking prescribed medications for a chronic medical condition?
6. Do you currently have (or have had within the past 12 months) a bone, joint, or soft tissue (muscle, ligament or tendon) *problem that could be made worse by becoming more physically active? Please answer NO if you had a joint problem in the past, but it does not limit your current ability to be physically active.*
7. Has your doctor ever said that you should only do medically supervised activity?



If you answered **NO** to all the questions above, you are ready to become more physically active. If you answered **YES** to one or more of the questions above, see a fitness staff or visit **www.eparmedx.com** to complete the full PAR-Q+ questionnaire with follow-up questions about your medical condition(s).

### Delay becoming more active if:

- You have a temporary illness such as a cold or fever; it is best to wait until you feel better.
- You are pregnant - talk to your health care provider, physician, a qualified exercise professional\* and/or complete the ePARmed-X+ at **www.eparmedx.com** before becoming more physically active.
- Your health changes - talk to your health care provider or qualified exercise professional\* before continuing with any physical activity program.

**Review the PAR-Q at least every 12 months or if your condition changes.**



**\*Physical Activity Services at HealthLink BC**

[www.healthlinkbc.ca/health-services/healthlink-bc-811-services/physical-activity-services](http://www.healthlinkbc.ca/health-services/healthlink-bc-811-services/physical-activity-services)

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