

# Physical Activity Readiness Questionnaire

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Being more active is very safe for most people, and for most people should not pose any problem or hazard. However, some people should check with their doctor before they start becoming much more physically active. The following list of questions should be completed by anyone who is looking to start an exercise program, to increase their current activity level, or to undertake a fitness testing assessment. The questionnaire helps to determine how safe it is for you.

The questionnaire is suitable for those aged between 15 and 69. If you are over 69 years of age, and you are not used to being very active, check with your doctor first. Common sense is your best guide in answering these questions. Read the questions carefully and answer each one honestly.

## Answer Yes or No

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your activity?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Do you know of any other reason why you should not do physical activity?

## If you answered YES

If you answered “yes” to one or more questions, talk with your doctor before you start becoming much more active or before you have a fitness test. Tell you doctor about the PAR-Q and which questions you answered “yes”.

## If you answered NO

If you answered “no” honestly to all of the questions, you can be reasonably sure that you can start becoming much more physically active or take part in a physical fitness appraisal – begin slowly and build up gradually. This is the safest and easiest way to go.

## Things Change

Even if you answered “no” to all questions, you should delay becoming more active if you are temporarily ill with a cold or a fever, or if you are or may be pregnant. If your health changes so that you then answer “yes” to any of the above questions, tell your fitness or health professional and ask whether you should change your physical activity plan.