

# PAR Q & YOU

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the (X) YES or NO opposite the question if it applies to you.

YES	NO	
( )	( )	1. Has your doctor ever said you have heart trouble?
( )	( )	2. Do you frequently have pains in your heart and chest?
( )	( )	3. Do you often feel faint or have spells of severe dizziness?
( )	( )	4. Has a doctor ever said your blood pressure was too high?
( )	( )	5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
( )	( )	6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
( )	( )	7. Are you age 65 or over and not accustomed to vigorous exercise?

## YES TO ONE OR MORE QUESTIONS

If you have not recently done so, consult with your personal physician by telephone or in person **BEFORE** increasing your physical activity and/or taking a fitness test. Tell him/her what questions you answered **YES** on **PAR-Q**, or show him/her your copy.

### PROGRAMS

After medical evaluation, seek advice from your physician as to your suitability for:

- unrestricted physical activity, probably on a gradually increasing basis
  - restricted or supervised activity to meet your specific needs, at least on an initial basis.
- Check in your community for special programs or services.

### NO TO ALL QUESTIONS

If you answered **PAR-Q** accurately, you have reasonable assurance of your suitability for:

- **A GRADUATED EXERCISE PROGRAM-** a gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort.
- **AN EXERCISE TEST-** Simple tests of fitness (such as the Canadian Home Fitness Test) or more complex types may be undertaken if you so desire.

### POSTPONE

If you have a temporary minor illness, such as a common cold