

## Are you ready to increase your exercise or should you see your doctor first? Physical Activity Readiness Questionnaire (PAR-Q)\*

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

**Please read carefully and answer yes or no to each question.**  
Common sense is your best guide in answering these questions.

**QUESTION**

Has your health care provider ever said you have heart trouble?	YES	NO
Do you frequently have pains in your heart and chest?	YES	NO
Do you often feel faint or have spells of severe dizziness?	YES	NO
Has a health care provider ever said your blood pressure was too high?	YES	NO
Has your health care provider 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?	YES	NO
Is there a physical or other reason not mentioned here why you should not follow an activity program even if you wanted to?	YES	NO
Are you over age 65 and not accustomed to vigorous exercise that may increase your heart rate?	YES	NO

**If you answered YES to one or more questions:**

Consult with your personal health care provider by telephone or in person before increasing your physical activity. We have enclosed a medical release form on the next page for your convenience. Contact the Live Well/Work Well department if you have any questions.

**If you answered NO to all questions:**

If you answered the PAR-Q accurately, you should have reasonable assurance of your present suitability for an exercise program.