

https://employees.dartmouth-hitchcock.org/livewellworkwell.html

Dartmouth-Hitchcock Medical Center

One Medical Center Drive Lebanon, NH 03756-0001 Phone (603) 650-5950 Fax (603) 650-4881 livewellworkwell@hitchcock.org

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

| PLEASE PRINT | |
|--------------|-------|
| Name: | Date: |
| Department: | |

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

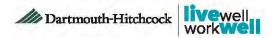
If you answered NO to all questions:

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

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. For your convenience, please share this medical release form on the next page.

If you have any questions, please contact the Live Well/Work Well Program at 603-650-5950



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Dear Health Care Provider,

I have recently completed the Physical Activity and Readiness Questionnaire (*PAR-Q*/as directed by the staff of the Live Well/Work Well Health Improvement Program (HIP). Based on my responses, it has been suggested to have your support, guidance and approval before increasing or changing my activity level and engaging a physical fitness program using aerobic conditioning and strengthening equipment. HIP may provide coaching, support, and personal training, however, most activity is voluntary, unsupervised exercise at home or at worksite fitness room.

Thank you for your time in reviewing this matter. If you have any questions or concerns that you would like to discuss regarding this program, please feel free to contact me, Marion Cate, the Live Well/Work Well Health Improvement Program manager, at (603) 650-5950 or by email livewellworkwell@hitchcock.org.

Please review my health and functional status and indicate whether I have your consent to participate in a self-monitored activity/fitness program. Please identify any recommendations or restrictions that are appropriate for me in this exercise program (Please feel free to attach a letter detailing recommendations/restrictions):

| MD Signature | Date |
|--|------------------------|
| | |
| | |
| | |
| My Other Recommendations: | |
| Do not participate in unsupervised activity. | |
| Able to participate, but prior to participation sugger for level/types of activity and specific recommend | 1 |
| No restrictions to exercise – has my approval to b | egin exercise program. |

Please return a copy of this form to Live Well/Work Well:

Fax: (603) 650-4881 Mail:

Live Well/Work Well Program

Attention: Marion Cate

Dartmouth-Hitchcock Medical Center

Lebanon, NH 03756

^{*}Adapted from the Canadian Society for Exercise Physiology (Societe canadienne de physiologie de l'exercise-Revised 2002