

Older Adult PAR-Q (Physical Activity Readiness Questionnaire)



Title: _____ Full Name _____ Age _____ DOB _____
Address _____

Post Code: _____

Contact Phone Number(s) _____

E-Mail (useful for us to pass information to you about classes): _____

Emergency Contact's Name _____ Emergency Contact Number _____

Relation of emergency contact to you e.g. husband, wife, friend, partner etc: _____

Doctor's Surgery _____

FaceBook address: _____ 'Like' our page here: [facebook.com/BodyFitCumbria](https://www.facebook.com/BodyFitCumbria)

How did you find out about our classes? _____

If a friend, please give their name as we'd like to thank them

Do you object to your details being stored on computer (for our records only) Yes/No

I have read and understood this questionnaire and any questions I had were answered to my full satisfaction.

Signature _____ **Date** _____

Regular physical activity is fun and healthy. Increasingly older people are starting to become more active every day. Being more active is very safe for most people whatever their age. However, some people should check with their doctors before they start becoming much more physically active.

If you are planning to become much more physically active that you are now, start by answering the questions below. If you are over 69 years of age and you are not used to being very active, please check with your doctor beforehand. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly. **Tick YES or NO.**

Questions:	Yes	No
1. Has your doctor ever said that you should only do physical activity recommended by a doctor?		
2. Have you ever had a heart attack? If so, how long ago? What medication are you on, if any?		
3. Do you have angina? What medication are you on?		
4. Have you ever had a stroke? If so, how long ago? What are the side effects from your stroke (if any)? What medication are you on if any?		
5. Do you feel pain in your chest when you do physical activity?		
6. In the past month, have you had chest pain when not doing physical activity?		
7. Do you lose your balance because of dizziness or do you ever lose consciousness?		
8. Do you have osteoarthritis (OA)? What medication are you on?		
9. Do you have rheumatoid arthritis (RA)? What medication are you on?		

Questions:	Yes	No
10. Do you have any other bone or joint problem that could be made worse by a change in your physical activity? If so, please describe the problem.		
11. Do you have high blood pressure (Hypertension)? What medication are you on if any?		
12. Do you have epilepsy? What medication are you on?		
13. Do you have diabetes? Are you dependent on insulin?		
14. Do you have asthma? What medication are you on if any?		
15. Do you have any other condition that may affect your ability to start physical activity? Please describe.		
16. Are you on any other medication not already mentioned above? If so, please state what it is and what it is for.		
17. Do you know of any other reason why you should not do physical activity? Please describe.		
18. Do you have any hearing or sight issues – please describe, or any other issue you wish to tell us about that may be relevant?		

If you answered YES to one or more questions...

Talk with your doctor by phone or in person **before** you start becoming more physically active or **before** you have a fitness appraisal. Tell your doctor about the PAR-Q and to which questions you answered 'yes'.

- You may be able to do any activity you want as long as you start slowly and build up gradually. Or you may need to restrict your activities to those which are safe for you. **Talk** with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answered NO to all questions...

If you answered honestly to all questions, you can be reasonably sure that you can:

- Start becoming much more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

Delay becoming much more active if...

- If you are not feeling well because of a temporary illness such as a cold or a fever - wait until you feel better.
- If you are or may be pregnant - talk to your doctor before you start becoming more active

Please Note: If your health changes so that you answer **YES** to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

If you have any doubt whatsoever after completing this questionnaire, consult your doctor prior to commencing physical activity.