The Gym - Health Screening Questionnaire (PAR-Q)

If you are considering taking part in physical activity or an exercise class before you start answer the following questions below. The questionnaire will indicate whether you should check with your doctor before you start a programme of physical activity.
If you are over 69 years of age and you are not used to being very active you should certainly check with your doctor.

Your instructor will treat all information confidentially.

1 Have you ever been diagnosed with a heart condition with advice from a doctor that you should only do physical activity recommended by them? Yes/ No
2 Have you ever felt pain in your chest whilst you were physically active? Yes/ No
3 Have you ever felt chest pain whilst you were at rest? Yes/ No
4 Do you ever feel faint or have dizzy spells? Yes/ No
5 Do you have a joint problem that could be made worse by exercise? Yes/ No
6 Have you ever been diagnosed with high blood pressure? Yes/ No
7 Are you currently taking any medication of which the instructors should be made aware? Yes/ No
If you are please detail what medication you are taking:

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8 Are you currently pregnant or have you had a baby in the last six months? Yes/ No
9 Is there any other reason why you should not participate in physical activity? If so, please detail:

If you have answered yes to one or more questions
Talk to your doctor by phone or in person before increasing your physical activity. Tell your doctor about the question(s) you have answered yes to. You may still be able to do any activity you want – as long as you begin slowly and build up gradually – or you may need to limit your activities to those which are safe for you. Talk with your doctor about the kind of activity you wish to participate in and follow his/ her advice.

If you have answered no to all questions
You can be reasonably confident that you can start to increase your physical activity and take part in a progressive exercise programme. Remember – begin slowly and build up gradually.

Please note
If your health changes so that you answer yes to any of the above questions, please inform your instructor immediately. Delay becoming more active if you feel unwell because of a temporary illness such as cold or flu – wait until you feel better.

I have read, understood and completed this questionnaire. All questions have been answered to the best of my knowledge.

Name ..... Signature .....

Address .....

Date ..... Phone No .....

Emergency contact's name and phone number: .....

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