



PAR-Q - PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However some people should check with their doctor before they start the Pilates classes.

If you are between 15 and 69 years old, the PAR-Q will tell you if you need to check with your doctor before you start. If you are 70 years of age or older you will need to check with your doctor in all cases. Common sense is the best guide when you answer these questions.

Please read the questions carefully and answer each one honestly:

YES	NO	
		1 - Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
		2 - Do you feel pain in your chest when you do physical activity?
		3 - In the past month, have you had chest pain when you were not doing physical activity?
		4 - Do you lose your balance because of dizziness or do you ever lose consciousness?
		5 - Do you have a bone or joint problem (e.g. back, knee, hip) that could be made worse by change in your physical activity?
		6 - Is your doctor currently prescribing drugs (e.g. water pills) for your blood pressure or heart condition?
		7 - Are you pregnant?
		8 - Do you know of any other reason why you should not do the Pilates classes?

If you answered yes to any of the above questions, then:

Talk with your doctor by phone or in person BEFORE you start the Pilates classes.

Tell your doctor about the PAR-Q and about the questions to which you answered YES. You may be able to do the Pilates classes as long as you start slowly and build up gradually.

Or, you may need to restrict some exercises which are safe for you. Just follow the doctor's advice.

If you answered NO to all PAR-Q 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.

It is also highly recommended that you have your blood pressure evaluated. If your results are high or low, talk to your doctor before you start the Pilates classes.

Or delay the classes:

If you are not feeling well because of a temporary illness such as a cold or fever - wait until you feel better; or if you are or may be pregnant - talk to your doctor before you start the Pilates classes. These classes are suitable for up to 12 weeks pregnancy only. After that I would recommend to do the Ante-Natal Pilates.

Also:

If your health changes so that you then answer YES to any of the above questions, please talk to your doctor and instructor. Ask them if you should change your Pilates classes routine.

Name _____ Signature _____ Date ____/____/____

Next of Kin: _____ Mobile: _____

For any surgeries or injuries, please advise your instructor before the classes start.