



The PAR-Q contains only seven yes or no questions, making it quick and easy to take. These questions are:

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 that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your [blood pressure](#) or heart condition?
7. Do you know of any other reason why you should not do physical activity?

PAR-Q Results

Your answers to these questions can help determine your readiness to begin an exercise program or to ramp up your current program's intensity.

If You Answered Yes

If you Answer yes to any of these and it is recommended that you consult a physician before taking a [fitness test](#) or substantially increasing your physical activity. Ask for medical clearance along with information about specific exercise limitations you may have. In most cases, you will still be able to do any type of activity you want as long as you adhere to some guidelines

When to Delay an Exercise Program

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

If You Answered No

If you answered no to all the PAR-Q questions, you can be reasonably sure that you can [exercise safely](#) and have a low risk of having any medical complications from exercise. It is still important to start slowly and increase gradually. It may also be helpful to have a fitness assessment with a personal trainer or coach in order to determine where to begin.

Keep in mind that if your health changes so that you then answer "Yes" to any of the PAR-Q questions, tell your fitness or health professional. You may need to change your physical activity plan.

Kind Regards

James Knight

maxout30.com

Owner