

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might not be safe or those who should have medical advice concerning the type of activity suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the yes or no opposite the question if it applies to you.

1. **Yes** **No**
 Has your doctor ever said you have heart trouble?

2. Do you frequently have pains in your heart and chest?

3. Do you often feel faint or have spells of sever dizziness?

4. Has a doctor ever said your blood pressure was too high?

5. Has your doctor 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 by exercise?

6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?

7. Are you over age 65 and not accustomed to vigorous exercise?

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

If you have not recently done so, consult with your doctor by telephone or in person before increasing your physical activity.

If you answered NO to all questions . . .

If you answered PAR-Q accurately and honestly, you can safely increase your level of physical activity gradually. This means you should start slowly and increase time and effort as you make improvements.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

