

## Physical Activity Readiness Questionnaire (PARQ)

Moderate or vigorous exercise should not be a hazard for most people providing it is undertaken as part of a regular program starting from low intensity and progressing gradually. However, some people will need medical evaluation and advice before starting a program, some may need to exercise under medical supervision and some people may only be able to undertake restricted physical activity under medical supervision.

If you answer **NO** to all the questions, it is reasonable for you to assume that you are in a suitable physical condition to start a regular graduated exercise program.

If you answer **YES** to one or more question you are first advised to consult your doctor prior to participating in any exercise program.

	YES	NO
1. Has your doctor ever said you have heart disease, high blood pressure or any other cardiovascular problem?		
2. Is there a history of heart disease in your closest family (below age 55)?		
3. Do you ever have pains in your heart and chest, especially associated with minimal effort?		
4. Do you often get headaches, feel faint or dizzy?		
5. Do you suffer from either pain or limited movement in any joint which has been caused by exercise or might be aggravated with exercise?		
6. Are you taking drugs / medication at the moment or recuperating from recent illness or operation?		
7. Are you pregnant?		
8. Are you unaccustomed to exercise and aged over 50, if a woman or over 40, if a man?		
9. Do you have any other medical condition (e.g. diabetes, epilepsy) which you think may affect your ability to participate in exercise?		

Source: YMCA 1990.