



PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

In-Shape Health Clubs strongly recommends that all members and guests have a complete physical examination prior to using its facilities. This form is intended to assist you and your physician in assessing your physical readiness to commence an exercise program.

Attn. Parents: If your child is under 18, we recommend you meet with your child's physician before he/she engages in any strenuous activities.

Please read these questions and check the appropriate box:

YES NO

- | | | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have high cholesterol? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever had a seizure or other neurological problem? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has your physician ever said you have heart trouble? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you often feel faint or have spells of dizziness? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has a doctor ever said your blood pressure is high? |
| <input type="checkbox"/> | <input type="checkbox"/> | Has your doctor ever told you that you have a serious bone or joint problem? |
| <input type="checkbox"/> | <input type="checkbox"/> | Have you ever been diagnosed as having diabetes? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have unusual shortness of breath with moderate activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | Is there any physical reason, not mentioned here, why you should not follow an activity program? |

IF ANY OF ABOVE ANSWERS ARE CHECKED YES, IN-SHAPE STRONGLY RECOMMENDS THAT YOU OBTAIN ADVICE FROM YOUR PHYSICIAN BEFORE PARTICIPATING IN ANY EXERCISE.

If you answered "NO" to all questions, In-Shape still recommends that you consult with your physician prior to engaging in any physical conditions, exercise, fitness program, or strenuous activity.