



## PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

National Fitness 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, NATIONAL FITNESS STRONGLY RECOMMENDS THAT YOU OBTAIN ADVICE FROM YOUR PHYSICIAN BEFORE PARTICIPATING IN ANY EXERCISE.**

**If you answered “NO” to all questions, National Fitness still recommends that you consult with your physician prior to engaging in any physical conditions, exercise, fitness program, or strenuous activity.**