



Physical Activity Readiness Questionnaire (PAR-Q)  
(The PAR-Q is for People Aged 18-69)

Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before participating in a group fitness class. If you wish to engage in personal training sessions with Define Fitness, LLC, start by answering the seven questions in the box below. If you are between 18 and 69, then PAR-Q will determine if you need to check with your doctor before starting to participate in fitness training. **If you are 70 years of age or older, you will need to receive clearance from your physician to participate in personal training from Define Fitness, LLC \_see form on reverse side/page 2 of document (Physician's Clearance Form).**

Please read the questions carefully and answer each one honestly: check YES or NO.

Yes No

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

***If you answered YES to one or more questions:***

Talk with your doctor by phone or in person in order to be cleared for participation in fitness training by Define Fitness, LLC. Tell your doctor about the PAR-Q and about the questions to which you answered YES.

- Share the form on the reverse side of this sheet with your doctor in order to obtain his/her clearance to participate in personal training with Define Fitness, LLC.

- Talk with your doctor about the activities that you wish to participate in and follow his/her advice.

***If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:***

- Start becoming more physically active – begin slowly/build gradually. This is the safest way to go.

- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

- Note: If your health changes so that you then answer YES to any of the above questions, please consult with your doctor for a physical evaluation and request another PAR-Q form from Define Fitness, LLC.

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Signature \_\_\_\_\_

Today's Date \_\_\_\_\_



## Physician's Clearance Form

On the Physical Activity Readiness Questionnaire you just completed, you either indicated that you were at least 70 years old or you identified that you have one or more medical risk factors, which may impair your ability to exercise safely. Therefore, you must have a physician complete and return this medical clearance form before you can begin/continue participating in personal training with Define Fitness, LLC. We recognize that you are eager to participate in a fitness program, and we sincerely regret any inconvenience that this may cause you. However, please keep in mind that we want your exercise experience with Define Fitness, LLC. to be as safe as possible. For this reason, we have implemented this policy of requiring physician's clearance that follows the current standards of the American College of Sports Medicine. In order to expedite this process, we will gladly fax this form directly to the physician of your choice. If the doctor is aware of your medical history, he/she may be able to complete this form and fax it right back to us.

### To Be Completed By Program Participant

I, \_\_\_\_\_, hereby give my physician permission to release any pertinent medical information from any medical records to Define Fitness, LLC. All information will be kept confidential.

Patient's signature \_\_\_\_\_ Date \_\_\_\_\_

Information requested for \_\_\_\_\_

Reason for requesting medical clearance \_\_\_\_\_

Physician's name \_\_\_\_\_ Phone # \_\_\_\_\_

Fax # \_\_\_\_\_ Address \_\_\_\_\_

### For Physician Use Only

Please check one of the following statements:

- I concur with my patient's participation with no restrictions.
- I concur with my patient's participation in an exercise program if he/she restricts activities to:

\_\_\_\_\_

- I do not concur with my patient's participation in an exercise program

Reason: \_\_\_\_\_

Physician's name \_\_\_\_\_

Physician's signature \_\_\_\_\_ Date \_\_\_\_\_