



Praise Aerobics PAR-Q
For moderate to high intensity
activities

Regular physical activity is fun and healthy, and increasingly more people are more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the questions below. **If you are over 69 years of age, and you are not used to being very active, check with your doctor before starting a physical activity program.** 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 any 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 that could be made worse by a change in your physical activity?
- 6. Is your doctor currently prescribing any drugs (for example water pills) for your blood pressure or heart condition? Please provide a list of medications.
- 7. Do you have a history of injuries or are recovering from an injury? Please provide dates.
- 8. Has a doctor ever told you that you have diabetes? If yes, is it controlled by medications? Please provide a list of medications.
- 9. Do you have asthma? If yes, is it controlled by medications and/or a pump or any other type of mechanism?

10. Have you been hospitalized in the past 6 weeks?
11. When was your last routine physical examination by a physician?
12. Did your last examination or any medical tests reveal any changes? in your health positively or negatively?
13. Do you know of any other reason why you should not do physical activity? If so, please provide further information.

If you answered NO to all of the questions, you are ready to start *aerobic activity programs*. If you answered YES to any of the questions, please see the program facilitator.

I have read, understood and completed this questionnaire.

Name _____ Signature _____ Date _____



Praise Aerobics PAR-Q Facilitator Screening Guide

To ensure that all of the participants that want to participate in *moderate to high intensity aerobic activities* will have an enjoyable, fun, and safe time, it is important to check that they are eligible to participate in a physical activity program. The Physical Activity Readiness Questionnaire (PAR-Q) asks participants about a number of conditions that could make it unsafe for them to participate in this type of physical activity program. **Please be sure that all participants have read and signed the PAR-Q. You must keep a signed copy of the PAR-Q, and provide him or her with a copy.** If a participant can't read, please read each question to him or her.

If participants answer NO to all of the PAR-Q questions, then they are ready to begin moderate to high intensity aerobic activities.

If participants answer YES to any of the PAR-Q questions, then they will need to be further screened before participating in moderate to high intensity aerobic activities.

- If they answer YES to questions 1, 2, 3, 4, 5, or 8 they **ARE NOT ELIGIBLE TO PARTICIPATE** in the program. It is not safe for them to participate in a medically unsupervised program.
- If they answer YES to questions 6, 7, 9, 10, 12, or 13 then they will need to provide you with more information about their condition to ensure their safety while participating in moderate to high intensity aerobic activities. Ask the following questions if they answered YES to questions 6, 7, 9, 10, 12, or 13.
 - In the last three months, has your doctor made any adjustments to your medications?
 - YES or NO
 - If YES, then they are considered to be unstable, it is unsafe for them to participate in moderate to high intensity aerobic activities, and they are therefore not eligible. If NO, then ask the next question.
 - With medication and/or diet is your blood pressure/blood sugar values within the normal range?
 - YES or NO
 - If YES, then they are eligible to participate in moderate to high intensity aerobic activities. If NO, then they are considered to be unstable, and it is unsafe for them to participate in the program.
- Provide the participant with the appropriate participant handout with safety tips for their condition.
 - Safety Tips for Physical Activity Participation for Diabetes and High Blood Pressure

If participants were unstable and not eligible to participate, encourage them to participate in a low intensity program, when their condition is stable.