

Fitness Release Time - Physical Activity Readiness Questionnaire (PAR-Q)

If you are planning to become more physically active, please complete the following **Physical Activity Readiness Questionnaire (PAR-Q)**. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69, and not used to being very active, please check with your doctor before increasing your physical activity.

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 have you ever lost 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 medication (ex. 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 before you start increasing your physical activity and before you have a fitness appraisal. Tell your doctor about the PAR-Q and share the questions to which you answered YES.
- You may be able to do any activity you want as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Talk with your doctor and agree upon the activities it would be safe for you to perform. Request a signed **Medical Clearance form** from your doctor for these activities to submit to HR.

NO TO ALL QUESTIONS:

You can be reasonably sure that you can:

- Start becoming more physically active. Begin slowly and build up gradually. This is the safest and easiest 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 increase your physical activity.

Even if you answered no, delay becoming much more active IF:

- If you are not feeling well because of a temporary illness such as a cold or fever. Wait until you feel better.
- If you are pregnant. Talk to your doctor before you start becoming more active.
- If your health changes so that you must answer YES to any of the above questions. Consult your doctor.

NOTE: This form and/or any personal health/medical information should NOT be shared with your supervisor. Once completed, scan and send it with your FRT Application to Human Resources at POWERUP@uh.edu.

I have read, understood and completed the questionnaire. Any questions that I have were answered to the best of my knowledge.

(Print to complete and sign form.)

Participant's Signature: _____

Date: _____