

## The Physical Activity Readiness Questionnaire PAR-Q

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. **Please read them carefully** and check the **yes** or **no** opposite the questions it if applies to you.

- yes    no   1. Has your doctor ever said that you have heart trouble?
- yes    no   2. Do you frequently have pains in your heart or chest?
- yes    no   3. Do you often feel faint or have spells of severe dizziness?
- yes    no   4. Has a doctor ever said that your blood pressure was too high?
- yes    no   5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
- yes    no   6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- yes    no   7. Are you over the age of 65 and not accustomed to vigorous exercise?

*If you answered YES to one or more of these questions... if you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.*

*If you answered NO to all questions... if you answered PAR-Q accurately, you have reasonable assurance of your present suitability to start an exercise program and/or to take an exercise test.*

**Note: If you health changes so that you then answer YES to any of the above questions, ask for advice from your fitness or health professional.**

**Name** (please print) \_\_\_\_\_

**Telephone number** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**This agreement affects your legal rights.  
Read it carefully!**

**You, the participant/member, are aware that there are risks associated with participating in fitness activities and exercise. Your participation is completely voluntary, and you freely accept and fully assume all responsibility for all risks, and all possibilities of personal injury, death, property damage or loss to yourself or any other person as a result of your participation in fitness activities. You and your heirs, next of kin, executors, administrators and assigns agree:**

- a) To wave all claims, known or unknown, that you have or may have in the future against *Pilates in Guelph*, including their owner, officers, directors, agents, employees, volunteers, business operators, independent contractors and site property owners or lessees:
- b) that *Pilates in Guelph* is not liable or responsible for any damage to, loss of or theft of property;
- c) to release and forever discharge *Pilates in Guelph* from all liability for any personal injury, death, property damage or loss resulting from your participation in fitness activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake in error or judgment of *Pilates in Guelph*; and
- d) to be liable for and to hold harmless and indemnify *Pilates in Guelph* from all actions, proceedings, claims, damages, costs demands, including court costs on a solicitor and own client basis, and liabilities of whatsoever nature of kind arising out of or in any way connected with your participation in fitness activities.

**Please consult your physician prior to starting an exercise or fitness program, and prior to participating in classes or using the facility**

\_\_\_\_\_ the participant/member has read,  
(print name)  
understood and agrees to all of the above statements.

Signed \_\_\_\_\_ Date \_\_\_\_\_