

PAR-Q & YOU

The questions in the box below are designed to tell you if you and/or another member on your account should check with your doctor before you start adding more physical activity in your life. If you and/or another member on your account are over 69 years of age, and not used to being very active, check with your doctor before beginning any exercise program

Write Y for YES or N for NO

1. Has your doctor ever said that you and/or another member on your account have a heart condition and that you, or they, should only do physical activity recommended by a doctor?

2. Do you and/or another member on your account feel pain in your chest when you, or they, do physical activity?

3. In the past month, have you and/or another member on your account had chest pain when you, or they, were doing physical activity?

4. Do you and/or another member on your account lose your balance because of dizziness or ever lose consciousness?

5. Do you and/or another member on your account have a bone or joint problem that could be made worse by a change in your physical activity?

6. Is a doctor currently prescribing medication for a heart condition or any other conditions for yourself and/or another member attached to your membership? If so, please list _____
7. Do you know of any other reason why you and/or another member attached to your membership should not do physical activity? (i.e. diabetes, hemophilia or C.O.P.D.)

8. Do you and/or another member attached to your membership become short of breathe or have any asthma issues?

If answering yes to any of the above questions, please provide detail as to who on the membership the response(s) applies to, and any other pertinent information such as prescribed medication.

NOTE: If the Par-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction. If I answered "yes" to any of the questions above I agree that it is my obligation to consult with a doctor.

Parents: Children between the ages of 6-9 years old are not allowed in the Wellness Room or Weight Room for safety reasons. I understand that my child between the ages of 6-9 years old are allowed in the Family Fitness Room, however they will need to be accompanied by myself or an adult 18 years or older at all times. Children ages 10-14 are allowed in the Wellness Room and Family Fitness Room with a parent or guardian in sight. Children ages 10-14 are not allowed to use any weight equipment with the exception of the personal pulley system located in the Family Fitness Room.

Printed Name: _____

Signature: _____ Date: _____

(Parent or Guardian, if applicable)