

**LAKE MICHIGAN COLLEGE
PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)**

Regular physical activity is fun and healthy. 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.

Common sense is your best guide for answering these few questions. Please read them carefully and answer each one honestly and circle *YES* or *NO* as they apply to you.

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?
Yes No	2. Do you feel pain in your chest when you do physical activity?
Yes No	3. In the past month, have you had chest pain when you were not doing physical activity?
Yes No	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
Yes No	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
Yes No	6. Is your doctor currently prescribing drugs for a heart condition or blood pressure?
Yes No	7. Do you know of any other reason why you should not increase your physical activity?
Yes No	8. Are you over 69 years of age and not accustomed to being very active?

IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS	<ul style="list-style-type: none"> • Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness assessment. Tell you doctor about the PAR-Q and which questions 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 which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice. • If you plan to participate in the LMC Wellness Center, please bring a completed Physician’s Clearance form or note from your doctor stating that you can workout.
IF YOU ANSWERED NO TO ALL QUESTIONS	<ul style="list-style-type: none"> • The College would recommend a medical doctor’s approval before entering into an exercise program. • You can start becoming much more physically activity – begin slowly and build up gradually. This is the safest and easiest way to go. • You can 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.
DELAY BECOMING MUCH MORE ACTIVE	<ul style="list-style-type: none"> • If you are not feeling well because of a temporary illness such as a cold or a fever—wait until you feel better; or • If you are or may be pregnant—talk to your doctor before you start becoming more active.

I have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Printed Name

Date

Signature of Participant (or Guardian for participants under age 18.)

All information provided on this form is private and will be used only for purposes of preparing an individual's health program.

Completed forms will be kept in a confidential file in the Wellness Center office.