



## Physical Activity Readiness Questionnaire (PAR-Q)

### Nordic Walking

The answers to the following questions identify those for whom physical activity might be inappropriate and those who should seek medical advice prior to commencing an exercise program.

**Read the following questions. Write yes or no beside each question.**

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Do you know of any other reason why you should not participate in physical activity?

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

Printed Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_