TCR BODY TECH
Physical Activity Readiness Questionnaire (PAR-Q)

To avoid soreness and injury, individuals considering beginning or increasing physical activity should start out slowly and gradually allowing the body the optimal amount of time to adjust. People with chronic health problems, such as heart disease, diabetes, or obesity or are at high risk for these problems should first consult a physician before beginning a new program of physical activity of any type. You can determine your readiness to become more physically active by completing the following PAR-Q.

Regular physical activity and nutritional awareness is not only a road to better well-being but can be fun. Generally speaking being more active is safe, however there are some people who should check with their physician before starting or increasing their physical activity or making any changes to their nutritional intake.

If you are between the ages of 19 and 69, the PAR-Q will tell you if you should check with your doctor before starting out. If you are over 69 years of age, and are not used to being active, check with your doctor first before beginning any activity program. Common sense is your best guide when responding to the following questions. Please read carefully and answer each question honestly : check YES or NO.

☐ No	☐ Yes	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by your doctor?
☐ No	☐ Yes	2. Do you feel pain in your chest when you do physical activity?
☐ No	☐ Yes	3. In the past month, have you had chest pain when you were not doing physical activity?
☐ No	☐ Yes	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
☐ No	☐ Yes	5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
☐ No	☐ Yes	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
☐ No	☐ Yes	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 before starting a new physical activity program.

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active. Remember to start slowly and gradually to ensure safe and satisfying results.

Delay becoming active if:

- You are not feeling well because of temporary illness such as a cold or a fever, wait until you feel better; or
- You are or may be pregnant, talk to your physician before you start becoming more active.

Before engaging in the use of unfamiliar exercises, equipment, please ask a knowledgeable party for a demonstration and/or directions and/or assistance. If you have any questions please feel free to contact me on-line or I'm sure someone at your local fitness facility will be able to assist you.

I have read and understood the TCR Body Tech Waiver _____ (initials)
Physical Activity Readiness Questionnaire _____ (initials)

Signed this _____ day of _____ , 20____. _____
Applicant Signature