

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Regular physical activity is fun and healthy, and increasingly more people are becoming more active every day. Being more active is very safe for most people. However, some people should check with their doctor before becoming much more physically active.

If you are planning to become more physically active than you are now, start by answering the following seven questions below. If you are between the ages of 15 and 69, these questions will tell you if you should check with your doctor before you start.

COMMON SENSE IS YOUR BEST GUIDE WHEN ANSWERING THESE QUESTIONS. PLEASE READ EACH CAREFULLY AND CIRCLE YES OR NO.

YES NO 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity as recommended by a doctor?

YES NO 2. Do you feel pain in your chest when doing physical activity?

YES NO 3. In the past month, have you had chest pain when 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 ex., water pills) for your blood pressure or heart condition?

YES NO 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 to your doctor by phone or in person **BEFORE** start becoming more physically active. Tell your doctor about this questionnaire and about 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 deemed safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

Find out which community programs are safe and helpful for you.

IF YOU HONESTLY ANSWERED NO TO ALL QUESTIONS

You can be sure that you can start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go. Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so you can plan the best way for you to live actively.

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

Name: _____

Date: _____

Signature: _____

Witness: _____