

Please print, complete, sign and bring with you to your HIGH FIVE practice.

HIGH FIVE Fitness Project

NAME: (FIRST) _____ (LAST) _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

DOB: _____ AGE: _____

(Mobile) (_____) (Email) _____

PAR – Q & YOU

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. 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.

If you are planning to become much more physically active than you are now, start by answering the seven questions below. The PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: **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 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 example, 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?

DELAY BECOMING MUCH MORE ACTIVE if you are not feeling well because of a temporary illness such as cold or a fever- wait until you feel better; or If you are or may be pregnant-talk to your doctor before

Informed Use of the PAR-Q: Progressive Fitness Coaching, LLC and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

NO to all ALL...

If you answered NO honestly to all PAR-Q questions, you can reasonably 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 that you can plan the best way for you to live actively.

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your 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.
Find out which community programs are safe and helpful for you.

Informed Consent:

Exercise has a great many benefits along with certain risks. I hereby expressly assume all delineated risks of injury, all other possible risks of injury, and even death, which could occur by reason of my participation in increased physical activity.

NAME _____ SIGNATURE _____ DATE _____