

## Physical Activity Readiness Questionnaire (Par-Q)

Running is a strenuous physical activity. Seven questions from the Physical Activity Readiness Questionnaire (Par-Q) will help you assess your readiness to start running.

	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?		
2. Do you feel pain in your chest when you do physical activities?		
3. In the past month, have you had chest pain when not doing physical activities?		
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition?		
7. Do you know of any other reason why you should not perform physical activities?		

### If you answered

#### YES

to any question, DO NOT continue until you receive a doctor's clearance.

#### NO

to every question, you may be reasonably sure it's safe to increase your physical activity.

\*Questionnaire reprinted in part from the 1994 revised version of the Physical Activity Readiness Questionnaire (Par-Q and YOU) by special permission from the Canadian Society for Exercise Physiology, Inc. Copyright 1994, CSEP, Inc.

The Canadian Society for Exercise Physiology recommends that all exercise participants complete a Physical Activity Readiness Questionnaire before starting a new exercise program. You can complete a paper version which you can print and bring to your fitness professional.

English PAR-Q and related forms - [Here](#)  
Formulaire Q-AAP en français - [Here](#)

\*The Canadian Society for Exercise Physiology, [click here](#).