

# Physical Activity Readiness Questionnaire

Regular physical activity is fun, healthy and increasingly more people are starting to become active every day. Being more active is very safe for most people. However, some should check with their doctor before they start.

If you are planning to become more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15-69, the questionnaire 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 active, check with your doctor.

Common sense is your best guide when answering the following questions.

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 activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
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 levels?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or a heart condition?
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 by phone or in person before you start becoming much more physically active or before you have a fitness appraisal. Tell your doctor about this questionnaire and which question(s) 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 that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

## **If you answered NO honestly to all questions:**

You can be reasonably sure that you can start becoming more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

## **Delay becoming more active if:**

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