



NOVELTY HILL
PHYSICAL THERAPY

Physical Activity Readiness Questionnaire (PAR-Q)

Please answer the following questions below by checking the correct answer next to the question. Check [Y] for YES, or [N] for NO.

Has a physician ever told you that you have heart trouble? [Y] ___ [N] ___

Do you frequently have pains in your heart and chest area? [Y] ___ [N] ___

Do you often feel faint or have spells of severe dizziness? [Y] ___ [N] ___

Has a physician ever told you that your blood pressure was too high? [Y] ___ [N] ___

Has a physician ever told you that you have a bone or joint problem such as arthritis that has been aggravated or might be made worse by exercise? [Y] ___ [N] ___

Do you have a good physical reason not to mention here why you should not follow an activity program even if you wanted to? [Y] ___ [N] ___

Are you over the age of 65 and not accustomed to vigorous exercises? [Y] ___ [N] ___