PAR-Q

Has a physician ever told you that you have heart trouble?

Do you frequently have pains in the heart and chest?

Do you often feel faint or have spells of severe dizziness?

Has a physician ever told you that your blood pressure was too high?

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?

Do you have a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?

Are you over the age of 65 and not accustomed to vigorous exercise?