

Name: _____ Age: _____ Male/Female: _____

Address: _____

Mobile: _____ Home Line: _____

This PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning increase the amount of physical activity in your life.

For most people, physical activity should not pose a problem or hazard.

The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

Please read the following questions carefully and circle YES or No opposite the question, as it applies to you.

Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?	YES / NO
Do you get chest pains brought on by physical activity?	YES / NO
Have you developed chest pains in the last month?	YES / NO
Do you tend to lose consciousness or fall over as a result of dizziness?	YES / NO
Do you have a bone or joint problem that could be aggravated by the proposed physical activity?	YES / NO
Has a doctor ever recommended medication for your blood pressure or heart condition?	YES / NO

If you have answered YES to any of the above questions, then you are required to gain consent from your doctor before participating in the Pilates session.

If you have answered No to all of the above questions, you have reasonable assurance of your present suitability for a Pilates session.

A gradual increase in regular exercise promotes fitness and improves overall health, while minimising or eliminating discomfort. Postpone entry into the programme if you feel unwell or have a temporary illness.

Participant Signature: _____ Date: _____

Witness's Signature: _____ Date: _____