

Janettaz dance & fitness



Physical activity readiness questionnaire (PAR Q)

I'm delighted to welcome you to my classes and I hope that you will have lots of fun keeping fit. This is an industry standard questionnaire for all new class participants.

If you are between 15 and 69 this will tell you whether you should talk with your doctor before you start classes. If you are over 69 years old and you are not used to being very active, please check with your doctor before increasing physical activity.

All information will be treated confidentially.

	Yes	No
1 Has your doctor ever said you have a heart condition and That you should only do physical activity recommended by a doctor?		
2 Do you ever feel pain in your chest when you do physical activity?		
3 Have you ever had chest pain when you were not doing physical activity?		
4 Do you ever feel faint or have spells of dizziness?		
5 Do you have a joint problem that could be made worse by exercise?		
6 Have you ever been told that you have high blood pressure?		
7 Are you currently taking any medication of which the instructors should be made aware?		
7a If yes (7) what?		
8 Are you pregnant or have you had a baby in the last 6 months?		
9 Is there any other reason why you should not participate in physical activity?		
9a If yes (9), what?		

If you have answered YES to one or more questions:

Talk to your doctor by telephone or in person before you become more physically active and take their advice. Tell your doctor about the questionnaire and which question(s) you answered yes to. You may be able to do any activity you want, as long as you begin slowly and build up gradually, or you may need to restrict your activities to those which are safe for you.

If you have answered NO to all questions:

You can be reasonably sure that you can increase your physical activity and take part in an exercise programme. Remember to start slowly and build up gradually if you have not been exercising regularly.

If your health changes at a future date and you would answer 'yes' to any of these questions, let your dance-fitness instructor know before class starts. Ask whether you should change your physical activity within the sessions. Delay becoming more active if you don't feel well because of temporary illness such as a cold or flu – wait until you feel better.

Your name	Phone
Address	e-mail
	Date of birth
EMERGENCY CONTACT	
Name & relationship to you:	
contact number:	
Where/how did you hear about these classes?	

Signature:

Date: