



Pre-Participation Checklist

For most people, physical activity of moderate intensity is not dangerous, and no medical evaluation is necessary. However, certain individuals should consult with a physician before they begin exercising. Take a few minutes to answer the questions in the pre-participation checklist. If you answer “yes” to any of these items, we advise you to seek a medical opinion about the type of exercise that is safe and appropriate for you before you start this program.

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| 1. Has your doctor ever said you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor? | Yes | No |
| 2. Do you feel pain in your chest when you do physical activity? | Yes | No |
| 3. In the past month, have you had chest pain when you were not doing physical activity? | Yes | No |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness? | Yes | No |
| 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? | Yes | No |
| 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? | Yes | No |
| 7. Do you know of <u>any other reason</u> why you should not do physical activity? | Yes | No |

*From “ACSM Fitness Book,” Third Edition. Page 61.
Excerpted from the 2002 revised version of the Physical Activity Readiness Questionnaire (PAR-Q).*