

Exercise

Is it safe to exercise?

Taking up exercise, or increasing the amount of physical activity in your life, is safe for the vast majority of people.

However, everyone should complete a Physical Activity Readiness Questionnaire (PAR-Q) before starting an exercise programme, or increasing his or her daily activity levels.



This simple 6-question questionnaire was designed in the 1970's for mass populations, without the need for specialist medical personnel. It is still the gold standard pre-exercise health check used by everyone today.

The PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate, or those who should seek medical advice concerning the type of activity that is most suitable for them.

Physical Activity Readiness Questionnaire (PAR-Q)

Please answer the following 6 questions:

- Has your doctor ever said you have heart trouble? **Yes/No**
- Do you frequently suffer from pains in your chest? **Yes/No**
- Do you often feel faint or have spells of severe dizziness? **Yes/No**
- Has a doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise? **Yes/No**
- Is there any good physical reason not mentioned here why you should not follow an activity program even if you wanted to? **Yes/No**
- Are you over age 65 and not accustomed to vigorous exercise? **Yes/No**

IMPORTANT: If you answer, "Yes" to any question, medical clearance may be necessary. You should consult with your doctor or health professional about your suitability to start a physical activity/exercise programme; and/or the type of physical activity/exercise you should follow.

Please also always consider the following:

- If you have any condition for which you are taking medication, consult your doctor before increasing your activity levels.
- If you suspect you have any medical condition, see your doctor before starting an exercise programme.
- If you have tightness across the chest, extreme shortness of breath, numbness or pins and needles while you are active, stop immediately and consult your doctor as soon as possible.
- If you are suffering from a chesty cough, a bad cold, nausea, vomiting, flu or a temperature, do not exercise until the symptoms have been absent for 24 hours. Restart gently; and ease off, or stop again if the symptoms recur.

If you have any doubts, however small, about your ability to follow an exercise programme or; if you have any medical condition, you must consult your doctor or health professional about your suitability to exercise before starting an exercise programme.