

# PHYSICAL ACTIVITY READINESS SELF ASSESSMENT QUESTIONNAIRE (PAR Q)

EXERCISE IS ASSOCIATED WITH MANY HEALTH BENEFITS, YET ANY CHANGE OF ACTIVITY MAY INCREASE THE RISK OF INURY. AT TOTAL NINJA OUR FUN OFFERINGS CAN BE PHYSICALLY CHALLENGING.

PLEASE READ THE FOLLOWING QUESTIONS CAREFULLY AND IF YOU ANSWER 'YES' TO ANY QUESTIONS PLEASE CONSULT YOUR DOCTOR BEFORE PARTICIPATING ON ANY TOTAL NINJA ACTIVITY.

## YES OR NO?

Do you have a heart condition and should only do physical activity recommended by a doctor?

When you do physical activity, do you feel pain in your chest?

When you were not doing physical activity, have you had chest pain in the past month?

Do you ever lose consciousness, or do you lose your balance because of dizziness?

Do you have joint or bone problem that may be made worse by a change in your physical activity?

Is doctor currently prescribing medications for your blood pressure or heart condition?

Are your pregnant?

Do you know of any other reason you should not exercise or increase your physical activity?

Should there be any changes to your health, please advise your instructor or facility management of this.