

NIXERCISE PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

I understand that it is my responsibility to inform the NIXERCISE Trainer of any medical condition that may affect my ability to exercise and to update this information as necessary. I will not hold the NIXERCISE Trainer liable in any way for injuries that may occur whilst I am participating in the sessions.

Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?	Y	N
Do you feel pain in your chest when you do physical activity?	Y	N
In the past month, have you had a chest pain when you were not doing physical activity?	Y	N
Do you lose balance because of dizziness or do you ever lose consciousness?	Y	N
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?	Y	N
Is your doctor currently prescribing medication for your blood pressure or heart condition?	Y	N
Do you know of any other reason why you should not do physical activity? If YES, please comment	Y	N
YES to one of the questions: You should consult with your doctor to clarify that it is safe for you to become physically active in your current state of health.		
NO to all questions: It is reasonably safe for you to participate in physical activity, gradually building up from your current ability level. A fitness appraisal can help determine your ability levels.		

Having answered YES to one of the above, I have sought medical advice and my GP has agreed that I may exercise.

SIGNATURE..... DATE.....

I have read, understood and accurately completed this questionnaire. I can confirm that I am voluntarily engaging in an acceptable level of exercise, and my participation involves a risk of injury.

FULL NAME (please print).....

ADDRESS.....

MOBILE NUMBER DATE.....

EMAIL ADDRESS (PLEASE PRINT)

EMERGENCY CONTACT NUMBER

PLEASE NOTE THAT YOU WILL NOT BE ABLE TO PARTICIPATE IN A NIXERCISE SESSION UNLESS YOU HAVE FULLY COMPLETED THIS QUESTIONNAIRE, WHICH IS VALID UNTIL 31.12.2018.