



JOHN CANN  
PERSONAL TRAINING

# PARQ

This PARQ identifies the small number of people who may need to seek medical advice prior to starting an appropriate exercise programme. Please read the questions carefully and answer each one honestly by ticking Yes or No. Common sense is your best guide when you answer these questions. All information provided is treated as private and confidential.

PLEASE READ THE QUESTIONS CAREFULLY AND TICK THE APPROPRIATE BOX	YES	NO
1. Has a doctor ever said that you have a heart condition and you should only do physical activity recommended by a doctor?		
2. When you do physical activity, do you feel pain in your chest?		
3. In the past Month, have you had chest pain when you were not doing physical activity?		
4. Do you ever lose consciousness or do you lose your balance because of dizziness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Has your doctor ever told you that you have high blood pressure or prescribed medication for your blood pressure or heart condition?		
7. Do you have diabetes?		
8. Are you Pregnant or have you had a baby in the last 6 months?		
9. Do you have any breathing difficulties or suffer from asthma?		
10. Do you know of <u>any other reason</u> why you should not exercise or increase your physical activity?		

**IF YOU ANSWERED YES TO ONE OR MORE QUESTIONS:**

Talk to your doctor about the question(s) you answered YES to and follow his or her advice. You may be able to do all the activity you want, as long as you build up gradually.

**IF YOU ANSWERED NO TO ALL THE QUESTIONS:**

You can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme. Should your health change and you subsequently answer YES to any of the above questions, please inform your personal trainer immediately.