



## The Physical Activity Readiness Questionnaire — PAR-Q

### Personal Training Request

PAR-Q & YOU (A Questionnaire for People Aged 15 to 69)

Circle your option below

Individual Training  
\$40 Per Session  
\$108 for 3 Sessions  
\$160 for 5 Sessions  
\$300 for 10 Sessions

Semi-Private Sessions  
\$90 for 3 Sessions  
\$150 for 5 Sessions  
\$300 for 10 Sessions  
\$450 for 15 sessions

Group Training of 3 or more  
\$210 for 15 sessions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone #: \_\_\_\_\_ Age: \_\_\_\_\_

Email: \_\_\_\_\_

Trainer Preference: \_\_\_\_\_

Training Availability: \_\_\_\_\_

The Fitness Dept will contact you in 48 hours of receipt of this request .

For questions please contact:

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303-655-2228

Lili Trevizo  
303-655-2235

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? **YES** **NO**

Do you feel pain in your chest when you do physical activity?

In the past month, have you had chest pain when you were not doing physical activity?

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

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?

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

Do you know of *any other reason* why you should not do physical activity?