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 in the box 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.

### PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.
- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

### NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:
- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

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**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

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**Note:** This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.
...continued from other side

Choose a variety of activities from these three groups:

- **Endurance**
  - 4-7 days a week
  - Continuous activities for your heart, lungs and circulatory system.

- **Flexibility**
  - 4-7 days a week
  - Open doors, bending and stretching activities to keep your muscles relaxed and joints mobile.

- **Strength**
  - 2-4 days a week
  - Exercises against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people.

For a copy of the Guide Handbook and more information: 1-888-334-9769, or www.paguide.com

Eating well is also important. Follow Canada’s Food Guide to Healthy Eating to make wise food choices.

### Benefits of regular activity:

- **Health risks of Inactivity:**
  - Premature death
  - Heart disease
  - Cancer
  - Smoking
  - Stroke
  - Diabetes
  - Poor mental health

- **Benefits of regular activity:**
  - Better health
  - Improved fitness
  - Stronger muscles and bones
  - Better posture and balance
  - Reduced risk of osteoporosis
  - Reduced risk of heart disease
  - Reduced risk of adult-onset diabetes
  - Improved mental health

### Time needed depends on effort:

**Very Light Effort**
- Walking
- Strolling
- Gardening
- Housework
- Handicrafts
- Dancing

**Light Effort**
- Walking 30 minutes
- Strolling 30 minutes
- Brisk walking
- Jogging

**Moderate Effort**
- Walking 60 minutes
- Brisk walking
- Jogging
- Fast walking
- Bicycling
- Fast biking
- Raking leaves
- Water aerobics
- Swimming

**Vigorous Effort**
- Jogging
- Fast walking
- Bicycling
- Fast biking
- Aerobics

**Maximum Effort**
- Racing
- Sprinting
- Rowing

### Physical activity you can do:

- Start with a 10 minute walk—gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try on class to start— you don’t have to make a long-term commitment.
- Do the activities you are doing now, more often.

### Endurance Activities

- Fast walking
- Jogging
- Bicycling
- Fast biking
- Aerobics

### Flexibility Activities

- Stretches
- Yoga
- Stretching
- Pilates

### Strength Activities

- Weight lifting
- Body building
- Push-ups
- Lifting

### Reduce Sitting for long periods

- Stand up every hour
- Stand up every 30 minutes
- Use the stairs instead of the elevator
- Off the bus early
- Use the stairs

### You Can Do It – Getting started is easier than you think

Physical activity doesn’t have to be very hard. Build physical activities into your daily routine.

- • Walk whenever you can—get off the bus early, use the stairs instead of the elevator.
  - Reduce inactivity for long periods, like watching TV.
  - Get up from the couch and stretch and bend for a few minutes every hour.
  - Play actively with your kids.
  - Choose to walk, wheel or cycle for short trips.

### Increase Endurance Activities

- Walking 30 minutes, 4 days a week
- Jogging 30 minutes, 2 days a week
- Bicycling 30 minutes, 2 days a week
- Brisk walking 30 minutes, 2 days a week
- Fast walking 20-30 minutes, 2 days a week

### Increase Flexibility Activities

- Stretching
- Yoga
- Stretching
- Pilates

### Increase Strength Activities

- Weight lifting
- Body building
- Push-ups
- Lifting

### Reduce Sitting for long periods

- Stand up every hour
- Stand up every 30 minutes
- Use the stairs instead of the elevator
- Off the bus early
- Use the stairs

### References:


### Source:


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