

## Questionnaire for People Aged 15 to 69

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active everyday. 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 answers will tell you if you should check with your doctor before your start. If you are over 69 years of age and you are not use to being very active, check with your doctor first!

Common sense is your best guide when you answer these questions. Please read the questions and answer each one honestly:

Check YES or NO

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by your doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem that could be made worse by a change in your physically activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (ex: water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, you should consult 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 which questions you answered YES to above.

- ⇒ 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 to 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.

If you answered NO honestly to all above 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.

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

*(Signatures on back)*

You are encouraged to keep a copy for of this questionnaire for your records.

*NOTE: If this form is given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administration purpose.*

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Witness

Signature of Parent / Guardian: \_\_\_\_\_  
(for participants under the age of majority)