

Physical Activity Readiness Questionnaire (PAR Q)



Macc Forest Pilates

Client Name: _____ DoB: _____ Male/ Female

Email: _____ Phone: _____

Next of Kin: _____ Next of Kin Contact No.: _____

This PAR-Q is designed to help you to help yourself. Many benefits are associated with regular exercise, and completion of the PAR-Q form is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people, physical activity should not pose a problem or hazard.

The PAR-Q has been designed to identify the small number of people for whom physical activity might be inappropriate or for those who should seek medical advice concerning the type of activity most suitable for them. Common sense is your best guide for answering these questions.

Please read each question carefully and answer honestly by indicating **YES** or **NO**. Answering honestly ensures I can accommodate your needs.

What are your main reasons for starting pilates classes?

| Medical questions | YES | NO |
|---|-----|----|
| Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? | | |
| Do you feel pain in your chest when you do physical activity? | | |
| In the past month, have you had a chest pain when you were not doing physical activity? | | |
| Do you lose balance because of dizziness or do you ever lose consciousness? | | |
| Do you have a bone or joint problem (for example back, shoulder, knee or hip) that could be made worse by a change in your physical activity? | | |
| Is your doctor currently prescribing medication for your blood pressure or heart condition? | | |
| Do you know of any other reason why you should not take part in physical activity? | | |
| If YES, please comment: | | |

If you answered **YES** to any of the above questions, then you are advised to check with your doctor, physio or osteopath before participating in the Pilates session.

If you answered **NO** to all of the questions, you have reasonable assurance of your suitability for A Pilates session – which will include: a preparation phase, a main section and a closing phase.

You are advised to postpone entry into the programme if you feel unwell or have a temporary illness. You must inform your instructor of any changes to your health status, whilst engaged in your exercise sessions.

I have read, understood and accurately completed this questionnaire. I confirm that I am voluntarily engaging in an acceptable level of exercise, as outlined on Page 2

Signature: _____ Print name: _____ Date: _____

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

Signature: _____ Date: _____

Note: This PAR Q becomes invalid should your condition change. Please update us of any changes

Details of exercise prescription



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Your Pilates Programme objectives and procedures

I understand that the purpose of a Pilates session is to provide safe and individualised exercises to improve health and wellbeing. Exercises will include:

- Preparation phase activities
- Main section activities covering a range of mat Pilates exercises and techniques
- Closing phase activities

Potential risks

The Pilates session is designed to place a gradually increasing workload on the muscular systems and thereby improve function. The reaction of the muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate.

Potential benefits

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- Improved muscular fitness and motor skills
- Improved flexibility
- Improvement in psychological function
- Improved posture, tone and shape
- Feeling of wellbeing
- Improved back care

You are free to withdraw from this programme at any time.

Data Usage Consent



Macc Forest Pilates

The information collected on the PARQ will be used to assess your readiness for the exercise planned and ensure suitable adaptations are made to accommodate your needs.

Your contact details will be used to communicate with you regarding classes

This information will be held securely by Macc Forest Pilates as outlined in our Privacy Policy (see www.maccforestpilates.co.uk)

I consent to my information being held and used by Macc Forest Pilates for the above stated purpose