

SURVIVORS' TRAINING™



Physical Activity Readiness Questionnaire (PAR-Q)

Breast cancer survivors need to be careful and begin slowly, but physical activity should not normally pose any problems or hazards. The PAR-Q is designed to alert you and your healthcare professional if you have any special conditions that might make exercise inappropriate or require specific medical advice about how to proceed.

Common sense is your best guide in answering these few questions. Please read the following carefully and circle YES or NO. If yes, please explain in the space provided.

<i>Do you often feel faint or have spells of severe dizziness?</i>	Yes	No
<i>Has a doctor ever said your blood pressure was too high?</i>	Yes	No
<i>Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise?</i>	Yes	No
<i>Are you over age 60 <u>and</u> not accustomed to vigorous exercise?</i>	Yes	No
<i>Do you suffer from any problems of the lower back, such as chronic pain, or numbness?</i>	Yes	No
<i>Are you currently taking any medications? If YES, please specify below.</i>	Yes	No
<i>Do you currently have a disability or a communicable disease? If YES, please specify below</i>	Yes	No
<i>Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to?</i>	Yes	No

Explanations and specifications:

If you answered NO to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities and/or fitness evaluation testing. The fact that you answered NO to the above questions, however, is no guarantee that you will have a normal response to exercise. If you answered Yes to any of the above questions, then you should consult with your physician before undertaking a physical activity program.