

## NUS120 Charity Hongbao Walk

### Physical Activity Readiness Questionnaire (PAR-Q)

Please go through this questionnaire carefully before embarking on the walk. Please do consult with your doctor if you are unsure.

No.	PAR-Q Questionnaire	YES	NO
1	Has your doctor ever informed you that you have a heart condition and that you should only do physical activity recommended by a doctor?		
2	Do you feel pain in your chest when you undertake physical activity?		
3	In the past month, have you experienced chest pains when you were <u>not</u> undertaking physical activity or when you were at rest?		
4	Have you lost your balance because of dizziness, or have you ever suffered loss of consciousness?		
5	Do you have any bone, joint or muscle problems (for example, back, knee, hip, shoulder or ankle conditions) that could be made worse by physical activity?		
6	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?		
7	Do you know of any other reason why you should not be undertaking physical activity?		

If you have answered “YES” to any of the questions above, we strongly recommend that you seek consultation with your doctor to ensure you are in a fit condition to participate in the NUS120 Charity Hongbao Walk.

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