

## Workout From Home PAR-Q / Health Declaration Form

The following Physical Activity Readiness Questionnaire (PAR-Q) is a self-screening tool that can assist you in deciding if you are exercise-ready or if you need to change your exercise plan.

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

S/N	Question	Yes	No
1	Has your doctor ever said 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 do physical activity?		
3	In the past month, have you had chest pain when you were not doing physical activity?		
4	Do you lose your balance because of dizziness or do you ever lose consciousness?		
5	Do you have bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your 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 do physical activity?		

**\* Note:** If you have answered “Yes” to any of the 7 questions in the PAR-Q form above, please consult with a medical doctor before you begin any exercise programme.

I confirm that I understand all questions on the Physical Activity Readiness Questionnaire (“PAR-Q”) and have answered them truthfully. I understand that NUS, does not review my medical status and history, or assess my individual health risk. I accept that it remains my personal responsibility to ensure that I am medically fit and ready to take part in any physical activity.