# Girls Allowed - Health & Fitness Studio - Membership Form & PAR-Q

Name:

Address:

Date of Birth:

Mobile:

Email:

Membership Type:

Date Joined:

Induction Date:

Many health benefits are associated with regular exercise, and the completion of the PAR-Q is a sensible 1st step to take if you are planning to increase the amount of physical exercise in your life. For most people physical activity should not pose any problem or hazard.

The PAR-Q is designed to identify the small number of adults for whom physical activity might be inappropriate or those who should seek medical advice concerning the type of activity most suitable for them.

| | Y | N |
|---|---|---|
| Do you have any bone or joint problems such as arthritis which has been or could be aggravated with exercise? | | |
| Do you have high blood pressure? | | |
| Do you have low blood pressure? | | |
| Do you have diabetes or any other metabolic disorder? | | |
| Has your doctor ever said that you have raised cholestrol (above 6.2)? | | |
| Do you have or ever suffered a heart condition? | | |
| Have you ever felt pain in your chest when you do physical exercise? | | |
| Is your doctor currently prescribing you medication? | | |
| Have you ever suffered from shortness of breath at rest or with mild exercise? | | |
| Is there any history of Coronary Heart Disease within your family? | | |
| Do you ever feel faint, have spells of dizziness of have ever lost consciousness? | | |
| Do you currently drink more than the average amount of alcohol per week? (14 units) | | |
| Do you currently smoke? | | |
| Are you, or could you be pregnant? | | |
| Do you know of any other reason why you should not participate in physical activity? | | |

**If you answered YES to one or more questions:**
If you have not already done so, consult with your doctor before increasing your physical activity and/or taking a fitness appraisal.
Inform your doctor of the questions that you answered 'yes' to on the PAR-Q and seek advice from your doctor as to your suitability for:
1. Unrestricted physical activity starting off easily and progressing gradually,
2. Restricted or supervised activity to meet your specific needs, at least on an initial basis.

**If you answered NO to all questions:**
If you answered the PAR-Q honestly and accurately, you have reasonable assurance of your present suitability for:
1. A graduated exercise programme
2. A fitness appraisal.

**Assumption of Risk**
I hereby state that I have read, understood and answered honestly the questions above. I also state that I wish to participate in activities which may include aerobic exercise, resistance exercise and stretching. I realise that my participation in these activities involve the risk of injury and even the possibility of death.
I hereby confirm that I am voluntarily engaging in an acceptable level of exercise, which has been recommended to me.
I understand I must take an induction prior to using the gym and ask for assistance from a qualified instructor should I require help.
At times of no instructor present I understand I am exercising at my own risk.

**Name:**

**Signature:**

**Date:**