

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

Please answer the following questions honestly before participating in any fitness activities at Dandy-Lion Boutique Pilates and Fitness Studio. Your safety and well-being are my top priorities.

1. Have you ever been told by a healthcare professional that you have a heart condition and that you should only perform physical activity recommended by a doctor?

- Yes

- No

2. Do you experience chest pain during physical activity or at rest?

- Yes

- No

3. Do you currently have any bone or joint problems that may be aggravated by exercise?

- Yes

- No

4. Has a healthcare professional ever recommended medication for blood pressure or a heart condition?

- Yes

- No

5. Are you aware of any reason you should not engage in physical activity without first consulting a doctor?

- Yes

- No

6. Are you pregnant or postpartum (within six weeks after childbirth)?

- Yes

- No

7. Do you have any other medical conditions or physical limitations not mentioned above that might affect your ability to participate in exercise or physical activity? If yes, please specify: _____

By signing below, I confirm that I have answered the above questions to the best of my knowledge and believe myself to be physically capable of participating in physical activities at Dandy-Lion Boutique Pilates and Fitness Studio. I understand the importance of notifying the instructor(s) of any changes in my health status that might affect my ability to exercise safely.

Name: _____

Signature: _____

Date: _____

Please fill in this form, save it and email it to info@dandylionfitness.co.za