Being physically active is one of the most important actions that people of all ages can take to improve their health. Physical activity fosters normal growth and development and can make you feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases.

If you are planning to become more physically active than you are now, start by answering the questions below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start exercising.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each honestly. For a copy or assistance completing the PARFQ, please speak with an MWR staff member.

IF YOU ANSWERED...

YES to ONE OR MORE QUESTIONS:
Talk with your health care provider (HCP) by phone or in person BEFORE you start becoming much more physically active or BEFORE you meet with a MWR Fitness professional. Tell your HCP about the PARFQ and which questions you answered YES.
- You may be able to participate in MWR activities – start slow and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your HCP about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which MWR programs are safe and helpful for you.

No to ALL QUESTIONS:
If you answered NO honestly to all PARFQ questions, you can be reasonably sure that you can:
- Start becoming much more physically active – begin slowly and build up gradually.
- Talk with an MWR fitness professional about a fitness assessment or fitness orientation.

DELAY BECOMING MUCH MORE ACTIVE:
If you are not feeling well because of a temporary illness such as a cold or a fever, wait until you feel better.

NOTE: If your health changes so that you now answer YES to any of the above questions, tell your HCP.