

Physical Activity Readiness Questionnaire

ALL INFORMATION WILL BE TREATED CONFIDENTIALLY

Where did you hear about Lorraine's classes:- _____

1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor	YES	NO
2	Do you ever feel pain in your chest when you do physical activity	YES	NO
3	Have you ever had chest pain when you are not doing physical activity	YES	NO
4	Do you ever feel faint or have spells of dizziness	YES	NO
5	Do you have a joint problem (also back problem, disc issues, whiplash, dislocated shoulder, knees)that could be made worse by exercise – If so what:-	YES	NO
6	Have you ever been told that you have high blood pressure	YES	NO
7	Are you currently taking any medication of which the instructor should be made aware: if so what and reason:-	YES	NO
8	Are you pregnant or have you had a baby in the last 6months	YES	NO
9	Is there any other reason why you should not participate in physical activity	YES	NO

*If you have answered **YES** to **ONE** or **MORE** questions:-*

You should talk to your doctor by phone or in person before you start becoming more physically active and before you have a fitness assessment. Tell your doctor about the questionnaire and which questions you answered YES to. **Please also tell Lorraine your instructor.**

If you have already got medical clearance for Pilates or moderate exercise in general, please fill in the declaration form on the other side. You may be able to do any activity you want ; as long as you build up slowly and gradually. Or you may need to restrict your activities to those that are safe for you. Talk with your Doctor/Physio about the kinds of activity you wish to participate in and follow their advice. Pilates is generally safe for most people, it improves flexibility and strengthens your deep postural muscles – particularly your deep abdominals and back muscles, as well as improving your overall posture and body awareness, thus minimising the chance of future injuries.

*If you have answered **NO** to all questions:-*

You can reasonably be sure that you can start to become more physically active and take part in a suitable exercise programme. Do begin slowly and build up gradually!

PLEASE NOTE:-

IF YOUR HEALTH CHANGES PLEASE INFORM LORRAINE IMMEDIATELY ESPECIALLY IF IT RELATES TO A QUESTION YOU HAVE ALREADY ANSWERED YES TO.

What are your motives for exercising:- _____

DECLARATION (to be completed if you answered YES to any questions)

- If your doctor has recommended that you avoid particular exercise, make sure that you let your instructor know.
- I declare that I have already been cleared by my doctor(GP, Specialist or other qualified health professional)to carry out moderate exercise.

Please sign here:- _____

- My Doctor/Specialist/Health professional has specifically recommended that i take up Pilates.

Please sign here:- _____

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE

Name:..... **Signature:**.....

Address:.....
.....

Phone: H..... **M**.....

Email:.....

D.o.b: **Today's Date:**.....

Emergency contact name& phone no:-.....

Any other information: