



Tai Ji Quan: Moving For Better Balance

Physical Activity Readiness Questionnaire

(PAR-Q) 10/10/14

As with any other exercise activities, safety is always our primary concern. Therefore, before a person starts this Tai Ji Quan exercise program, we ask that they spend just a couple of minutes answering the following brief questions.

1. Has your primary care provider ever said you have heart trouble?
Yes____ No____
2. Do you frequently have pains in your heart and chest?
Yes____ No____
3. Do you often feel faint or have spells of severe dizziness?
Yes____ No____
4. Has a primary care provider ever said your blood pressure was too high?
Yes____ No____
5. Has your primary care provider ever told you that you have bone or joint problems, such as arthritis, that have been aggravated by exercise or might be made worse with exercise?
Yes____ No____
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
Yes____ No____

Instructions on how to interpret the answers in this survey

- If a person answered “Yes” to one or more questions, they are strongly advised to consult with their primary care provider to determine whether their current medical condition will allow participation in this program.
- If a person answers “No” to all the questions above, they have the ability to participate in this program.
- Also note: Regardless of the responses, it is always a good idea for participants to check with their primary care provider whenever starting a new physical activity.