

YWCA

White Plains and Central Westchester

YWCA FITNESS PLAN MEMBER CARD

NAME _____ FITNESS PLAN _____

ADDRESS _____ ID CODE _____

CITY _____ STATE _____ ZIP _____

RECEIPT # _____

HOME PHONE _____ WORK PHONE _____

TODAY'S DATE _____ EXPIRATION DATE _____

MISCELLANEOUS INFO _____

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE PAR-Q

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable.

Please answer "YES" or "NO" to the following questions.

- _____ 1. Has your doctor ever said you have heart trouble?
- _____ 2. Do you frequently suffer from pains in your chest?
- _____ 3. Do you often feel faint or have spells of severe dizziness?
- _____ 4. Has a doctor ever said that your blood pressure was too high?
- _____ 5. Has a doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise or might be made worse with exercise?
- _____ 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
- _____ 7. Are you over age 55 and not accustomed to vigorous exercise?
- _____ 8. Do you have diabetes and take insulin?
- _____ 9. Are you pregnant?
- _____ 10. Are you on blood pressure or heart medication?

**If you answered "YES" to any question vigorous exercise should be postponed.
Medical clearance is necessary.**

Thank you!!