

## PAR-Questionnaire Health

The following questionnaire (Physical Activity Readiness Questionnaire) is intended to help you find out whether you should consult a doctor before starting a sportive activity.

If you are over 35 and under 60 years of age, it is advisable to have a physical checkup. If you are over 60 years of age, you should always have a medical examination carried out.

Answer the questions below. If you answer YES to one or more of these questions, you should see a doctor and seek medical advice before taking up sportive activities.

- Did a doctor ever tell you that you have "something close to your heart" and recommend exercise and sport only under medical supervision?
- Have you had chest pains in the last month?
- Do you have breathing problems at rest or under physical strain?
- Have you ever fallen for dizziness or have you ever lost consciousness?
- Do you have a bone or joint problem that could worsen under physical strain?
- Have you ever been prescribed a medicine for high blood pressure or heart or respiratory problems?
- Are you aware of another reason why you should not be active in sports without a medical check-up (e. g. previous heart attack or rhythm disturbances, heart disease of family members younger than 60 years old, lung disease, etc.)?