



ZES BOUTIQUE STUDIO
Reformer Pilates Fysio Massage

PAR-Q

(A questionnaire for active elderly 60+)

Regular physical activity is fun and healthy especially for the elderly. Reformer Pilates Classes in particular provide for a stronger core thus better balance, less falls, better body posture, mobility and stronger bones (so delay in bone loss). Getting more active is very safe for most people.

Elderly people are often advised to first consult their doctor before becoming more active.

If you are considering taking Pilates Reformer Sessions, answer the questions below. If you are over 69 years old and you are not physically active, talk to your doctor before getting more active.

Please use common sense to answer these questions. Read the questions carefully first, then answer each question honestly with YES or No.

1. Has your doctor ever said you have heart trouble and you can only exercise with his/her consent?	YES/NO
2. Do you frequently have pains in your heart and/or chest?	YES/NO
3. Did you have pain in your chest the last month without doing any physical exercising?	YES/NO
4.. Do you often feel faint or have spells of severe dizziness?	YES/NO
5. Has your doctor ever told you that you have a bone or joint problem(s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise?	YES/NO
6. Does your gp prescribe any medication for example related to blood pressure or heart problems?	YES/NO
7. Has your bone density ever been tested (DEXA test) or are you aware of the fact if you have a T-score of osteopenia or osteoporosis?	YES/NO



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8. Do you suffer from diabetes?	YES/NO
9. Has your gp ever told you your cholesterol level is high?	YES/NO
10. Do you ever suffer from breathlessness during rest or activity?	YES/NO
11. Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to?	YES/NO

Print Name:

Date of Birth:

Signature:

Date:

Address and phone number:

(please fill out all the information; your privacy will be guaranteed)

If you have answered one or more questions with YES:

Consult your physician BEFORE you begin any physical activities. Tell your doctor about the PAR-Q and which questions you answered with YES. We will ask you to fill in an additional PARMED X form.

- Discuss the activities you want to do with your doctor or physio and follow his/her advice.

If you have answered all questions with NO:

If you have honestly and truthfully answered all questions with NO, then it is reasonably safe to assume that you:

- Can start to become more active - start slowly and build up activities slowly. This is the easiest and safest way.

Wait to become more active:

- If you are unwell due to a temporary illness such as a cold or fever or Covid 19. Wait until you are well.

Please read the Disclaimer of ZES Boutique Studio on the website.