



ZES BOUTIQUE STUDIO
Reformer Pilates Fysio Massage

PAR-Q

(A questionnaire for people between 15-69 years old)

If you are planning on becoming more active and doing Reformer Pilates classes, please fill out the PAR-Q below. 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 from a physiotherapist concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check YES or NO. If yes, please explain.

1. Has your doctor ever said you have heart problems?	YES/NO
2. Do you frequently have pains in your heart and/or chest?	YES/NO
3. Do you often feel faint or have spells of severe dizziness?	YES/NO
4. Has a doctor ever said your blood pressure was too high?	YES/NO
5. Has your doctor or physio 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. Is there a good physical reason, not mentioned here, why you should not follow an activity program even if you wanted to?	YES/NO
7. Do you suffer from any problems of the lower back, i.e., chronic pain, or numbness?	YES/NO
8. Are you currently taking any medications?	YES/NO





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If you answered NO to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities. The fact that you answered NO to the above questions, is no guarantee that you will have a normal response to exercise. If you answered YES to any of the above questions, then you may need written permission from a physician before participating in physical and aerobic fitness activities.

Print name:

Date of Birth:

Signature:

Date:

Address and phone number:

(please fill out all the details; your privacy is guaranteed)

Wait with becoming more active if you don't feel well because of fever, a cold or Covid 19. Wait til you recover fully.

In case of pregnancy, consult your gp or mid wife before becoming active so that the right program can be determined.

Always inform the instructor should anything change in your health condition. In that case you should fill out a new PAR-Q form.

Read the Disclaimer of ZES Boutique Studio, which can be found on the website, before you start.



Member at the European Register of Exercise Professionals, nr. 87408