

# PARFQ Physical Activity Risk Factor Questionnaire

Being physically active is one of the most important actions that people of all ages can take to improve their health. Physical activity fosters normal growth and development and can make you feel better, function better, sleep better, and reduce the risk of a large number of chronic diseases.

If you are planning to become more physically active, start by answering the questions below. If you are between the ages of 15 and 69, the PARFQ will tell you if you should check with your doctor before you start exercising.

Please read the questions carefully and answer each honestly. For a copy or assistance completing the PARFQ, please speak with a Morale, Welfare and Recreation (MWR) staff member.



## DO ANY OF THE FOLLOWING APPLY TO YOU?

- You are pregnant or have reason to believe you could be pregnant.
- You were pregnant and/or gave birth within the past 5 months.



## HAVE YOU EXPERIENCED ANY OF THE FOLLOWING SYMPTOMS/ PROBLEMS?

- Unexplained chest discomfort
- Unusual or unexplained shortness of breath
- Dizziness, fainting or blackouts associated with or without exertion
- Other medical issues (including bone and joint problems) that would keep you from safely participating in a physical activity



## DOES EITHER OF THE FOLLOWING APPLY TO YOU?

- Male 45, female 55 or older
- A family history of myocardial infarction, coronary revascularization or sudden death before the age of 50



## HAVE YOU BEEN PHYSICALLY INACTIVE?

- Inactive is defined as no light to moderate or vigorous leisure-time activity of at least 10 minutes a day.



## DOES ONE OR MORE OF THE FOLLOWING APPLY TO YOU?

- Used tobacco products in the last 30 days
- Diagnosed with diabetes and/or high blood pressure
- Diagnosed with dyslipidemia (LDL above 129 or HDL below 39)
- Family history of heart disease at any age



## IF YOU ANSWERED...

### YES TO ONE OR MORE QUESTIONS:

Talk with your health care provider (HCP) before becoming physically active or prior to meeting with an MWR Fitness professional. Tell your HCP about the PARFQ and which questions you answered YES.

- You may be able to participate in MWR activities – start slow and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk to your HCP about the activities in which you intend to participate.
- Ask which MWR programs are safe and best fit your needs.

### NO TO ALL QUESTIONS:

If you answered NO honestly to all PARFQ questions, you can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually.
- Talk with an MWR fitness professional about a fitness assessment or fitness orientation.

### ➡ **DELAY ACTIVITIES IF:**

If you are not feeling well because of a temporary illness such as a cold or a fever, wait until you feel better.

*NOTE: If your health changes so that you now answer YES to any of the above questions, tell your HCP.*