

**Physical Activity Readiness Questionnaire - Postnatal women**

Please ensure you have read through the Active Northumberland Health Commitment Statement, whilst also completing this PAR-Q, available by [clicking here](#)

PAR-Q Is designed to help yourself. Many health benefits are associated with regular exercise and the completion of a PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life. For most people, physical activity should not pose any problems 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 to them.

**You can only participate in these classes if you have been told by your G.P it is safe to do so, we also ask that you must be 6 weeks postnatal or 12 weeks if you've had a c-section before starting ANY exercise classes.**

**If you HAVE NOT been checked for diastasis recti (abdominal separation) please do not begin these exercise regimes until you have been given the ok by a qualified health professional or by a postnatal Active Northumberland Instructor.**

**Please read carefully:**

Common sense is your best guide in answering these few questions.

**Has your doctor ever said you have heart trouble? YES/NO**

**Do you frequently have pains in your heart and chest? YES/NO**

**Do you often feel faint or have spells of severe dizziness? YES/NO**

**Has a doctor ever said your blood pressure was too high? YES/NO**

**Has your doctor ever told you that you have bone or joint problem (s), such as arthritis that has been aggravated by exercise, or might be made worse with exercise? YES/NO**

**Is there a physical reason, not mentioned here, why you should not follow an activity program even if you wanted to? YES/NO**

**Are you currently pregnant? YES/NO**

**Do you suffer from any lower back problems, i.e chronic pain or numbness?**

YES/NO

**Are you currently taking any medication? YES/NO**

**Do you currently have a disability or a communicable disease? YES/NO**

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 need written permission from a physician/doctor before participating in physical and aerobic fitness activities.**

**If you have any of these conditions/signs and symptoms please DO NOT participate and seek medical advice:**

**Increase in blood flow**

**Postpartum Haemorrhage (PPH)**

**Enlarged uterus**

**Heavy Bleeding**

**Pelvic issues**

Thank You

Active Northumberland