



# Boiler Room Fitness – SPINNING® Studio

Please return completed Form to [info@boilerroomfitness.co.uk](mailto:info@boilerroomfitness.co.uk) , post to Boiler Room Fitness, 42 Queen Street, Helensburgh G84 9PT or HAND IT to your Instructor prior to your first class.

## Personal Details

Full Name - ..... Age - .....

Address -  
.....

Telephone - ..... Email - .....

## Emergency Contact Information

Member of Western Health & Racquets Club – Yes / No

Name - .....

Contact Number - .....

This Physical Activity Readiness Questionnaire (PAR-Q) is designed to help you help yourself. Many health benefits are associated with regular exercise, and the 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 a problem of hazard. The PAR-Q has been designed to identify the small number of people to whom physical activity might be inappropriate or those who should take medical advice concerning the type of activity most suited to them. Common sense is your best guide for answering these few questions.

Please read them carefully and circle YES/NO opposite the question as it applies to you.

1. Has your doctor ever said that you have a heart condition and recommended only medically supervised activity ? YES/NO
2. Do you have chest pains brought on by physical activity ? YES/NO
3. Have you developed chest pains in the last month ? YES/NO
4. Do you tend to lose consciousness or fall over as a result of dizziness ? YES/NO
5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity ? YES/NO
6. Has a doctor ever recommended medication for your high blood pressure or heart condition ? YES/NO

If you have answered YES to any question, please consult your doctor prior to taking part in any physical activity with Boiler Room Fitness.

If you have answered NO to all questions accurately, you have reasonable assurance of your present suitability for:

### A GRADUATED EXERCISE PROGRAMME

A gradual increase in regular exercise promotes fitness and improves overall health while minimising or eliminating discomfort. Postpone entry into the programme if you feel unwell or have a temporary illness.

If any of the above circumstances change at any time you must advise Boiler Room Fitness before continuing your Spinning with us.

I confirm that I have answered the above questions accurately and to the best of my knowledge.

Signed - ..... Dated - .....