

RISE AND ALIGN HEALTH QUESTIONNAIRE

Please read the questions carefully and answer each one honestly
All information will be treated in the strictest of confidence

Name

Date of birth

Phone number

Occupation

Emergency contact details

Have you tried Pilates before? If so where and for how long?

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Do you feel pain in your chest when you do physical activity?

In the past month, have you had chest pain when you were not doing physical activity?

Do you lose your balance because of dizziness or do you ever lose consciousness or feel faint?

Do you suffer from any of the following and if so please elaborate:

High blood pressure and are you taking any medication

Low blood pressure

Asthma

Diabetes

Rheumatoid Arthritis

Lupus

Vertigo

Any other health problems not mentioned above?

Have you had any surgery in the last 10 years?

Do you suffer from back pain, neck pain or suffer from any other pains in

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your joints (shoulders/ knees/ hips/ elbows)?

Are you or have you seen an Osteopath/ Chiropractor/ Physiotherapist about this?

Do you have any of the following bone or joint problems that could be made worse by a change in your physical activity?

Arthritis

Osteoporosis

Osteopenia

Any other condition not mentioned above?

Have you been diagnosed as being Hypermobile?

If yes on what scale and have you been given permission to exercise by you Dr or Medical practitioner?

Are you pregnant?

Have you been pregnant in the last six months

If so, did you have the 6 week check and receive the all clear to exercise?

Do you know of any other reason why you should not do physical activity?

If you are not feeling well because of a temporary illness such as cold or a fever – wait until you feel better so as not to put the health of other clients or teachers at risk

If you are or may be pregnant – talk to your doctor before you start becoming more active

If you have answered yes to any of the above then you are advised to speak with your Dr or Medical Practitioner before joining the Pilates class

Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

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Informed Use of the PAR-Q: ‘

I agree that Stacey Caswell assumes no liability for persons who undertake physical activity

I have read, understood and completed this questionnaire honestly

All questions I had were answered to my full satisfaction

If in doubt after completing this questionnaire consult your doctor or medical practitioner prior to physical activity.

Name

Signature

Date of Birth

Date

www.risealignpilates.com