

You are strongly encouraged to read through the PAR-Q and answer each question honestly before embarking on the challenge. Common sense is your best guide when you answer these questions. Always check with your doctor if you are unsure or you are over the age of 69 and not used to be active or if you are not sure of the answer to any of the questions.

Physical Activity Readiness Questionnaire (PAR-Q)

Regular exercise is associated with many health benefits. Increasing physical activity is safe for most people. However, some people should check with their doctor before they become much more physically active.

Please read through the questions carefully and answer 'YES' or 'NO' honestly.

If you have honestly answered 'NO' to all questions you can be reasonably sure that you are at low risk to participate in this exercise programme or event. If you answered "Yes" to any of the questions in the health declaration on the Healthy 365 mobile app, you will not be able to unlock and embark on the MVPA category. You will need to be certified by your doctor that you are in good fitness condition before you can attempt MVPA.

1. Has your doctor ever informed you that you have heart condition and that you should only do physical activity recommended by a doctor?
2. In the past month, have you had chest pain when you engage in physical activity or when not participating in any physical activity at all?
3. In the past month, have you lost your balance because of dizziness or even lose consciousness?
4. Do you have any bone, joint or muscle problem (e.g. back, knee, hip, shoulder or ankle) that could be made worse by participating in physical activity?
5. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
6. Do you know of any reason why you should not be participating in this HPB exercise programme or any other physical activity?

For more information on safety when embarking on physical activity, visit gethealthy.sg/moveit.