

If you answered **YES** to one or more questions
如果你的答案一条或以上答「是」

Consult your doctor **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Inform your doctor about the PAR-Q questions and your answers.

- You may be able to do any activity you want – as long as you start slowly and build up gradually; or
- You may need to restrict activities to those which are safe for you.
- Consult your doctor about the kind of activities you wish to participate in and follow his/her advice. Find out which community programmes are safe and helpful for you.

在开始增加运动量或进行体能评估前，请先征询你的医生，并告知这份问卷的问题及你的答案。

- 你可以进行任何活动，但必须慢慢起步，然后逐渐增加活动量；或
- 你或许要限制，只进行一些对你安全的活动。
- 征询医生关于你想参加的活动及听从他/她的意见。寻找一些安全及有益健康的社区活动。

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

Delay being much more active

- If you are not feeling well because of a temporary illness such as a cold or a fever, wait until you recover; or
- If you are or may be pregnant – consult your doctor before you become more active.

请注意：如因健康状况转变，导致你随后须对问题回答「是」的话，请征询医生或健身教练，是否必须更改你的体能活动计划。

延迟增加运动量

- 如果你因伤风或发烧等而感到不适，请在康复后才开始运动；或
- 如果你怀孕或可能怀孕，请征询医生的意见，才增加运动量。

Informed Use of the PAR-Q:

The PAR-Q is a publication by the Canadian Society for Exercise Physiology to see if you should check with your doctor before becoming much more physically active. The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity. This PAR-Q serves to give you an indication of your physical wellbeing and is valid for a period of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.

SportSG considers this safety advisory as important. You are nevertheless responsible for your own wellbeing. SportSG excludes any liability whatsoever for any death, personal injury or mishap that may occur. Exercise and play safely and where necessary, seek medical advice.

适当使用体能活动适应能力问卷：

PAR-Q 是 Canadian Society for Exercise Physiology 的出版物，你可以决定是否应在提高体能活动之前征询医生的意见。Canadian Society for Exercise Physiology, Health Canada 及其代理人无须为止承担责任。此问卷由填写当天起计12个月内有效。如因健康状况转变，导致你较后对以上任何问题答「是」的话，本问卷即告无效。

这是一则重要的安全咨询，你依然须对你自己的安全负责。新加坡体育理事会不会对任何可能发生的事，伤亡或不幸的事件承担任何责任。运动时请注意安全，如有需要，请寻求医疗建议。

If you answered **NO** to all questions
如果你的答案全都答「否」

You can be reasonably sure that you can:

- Start becoming much more physically active – begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal – this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, consult your doctor before you start becoming much more physically active.

你确信你可以：

- 开始增加运动量 — 慢慢起步，然后逐渐增加。这是最安全及容易的方法。
- 参加体能评估 — 这是一种确定你基本体能的好方法，以便你拟定最佳的体能活动计划。此外，也建议你测量血压；如果读数超过144/94，请征询医生的意见才逐渐增加运动量。



Photo by Sport - Singapore

Be Sports Safe!

Do the Physical Activity Readiness Questionnaire (PAR-Q) before exercise

注意运动安全！

体能活动适应能力问卷是用来帮助您评估您的身体是否已准备好进行体能活动

Think Safe. Play Safe. Stay Safe.

Sport
SINGAPORE

Partners in Sports



Giving Hope. Improving Lives.

Physical Activity Readiness Questionnaire

[A Questionnaire for People Aged 15 to 69]

体能活动适应能力问卷

(适合用于15至69岁人士)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor.

体能活动不但有益身心，而且还充满乐趣，因此有越来越多人做运动。对大部分人来说，体能活动是很安全的。不过有些人则应在增加运动量前，先征询医生的意见。如果你计划增加运动量，请先回答下列问题。如果你介于15至69岁之间，这份体能活动适应能力问卷会告诉你应否征询医生的意见。如果你超过69岁及没有定期运动，请征询医生的意见。

Common Sense is your best guide when you answer these questions.

Please read the questions carefully and answer each one honestly: Check YES or NO.

请仔细阅读下列问题，然后据实回答：「是」或「否」。

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
医生是否曾说过你的心脏有问题，并且只可进行医生推荐的体能活动？
2. Do you feel pain in your chest when you do physical activity?
你进行体能活动时是否会感到胸口疼痛？
3. In the past month, have you had chest pain when you were not doing physical activity?
过去一个月内，你是否在没有进行体能活动时也感到胸口疼痛？
4. Did you ever lose your balance because of dizziness or consciousness?
你是否因感到晕眩而失去平衡或知觉？
5. Do you have a bone or joint problem [eg, back, knee or hip] that could be made worse by a change in your physical activity?
改变体能活动方式，会不会恶化你的骨骼或关节 (例如背脊、膝盖或髌骨)？
6. Is your doctor currently prescribing drugs [eg, water pills] for your blood pressure or heart condition?
医生目前是否有开血压或心脏药物 (例如 water pills) 给你服用？
7. Do you know of any other reason why you should not do physical activity?
你是否有其他原因不能进行体能活动？

YES
是

NO
否

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