

YMCA of Eastern Union County **FAMILY** Physical Activity Readiness Self Assessment

Being more active is safe for most people, however, some people should check with their doctor or health care provider before they start becoming much more physically active. If You or Anyone In Your Family is planning on beginning a new physical activity program, start by responding to the self assessment below.

This Self Assessment will guide you in deciding if you or anyone in your family should consult with a health care professional before beginning any physical activity. If anyone is over 69 years of age and not physically active, a physician should be consulted.

We advise everyone in your family complete the Self Assessment carefully and respond honestly. Parents may need to respond to this Self Assessment for younger children and teens within the household.

Has your doctor ever said that you have a health 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 or have any heart problems?
Do you lose your balance because of dizziness or do you ever lose consciousness?
Do you have a bone or joint problem that could be made worse by a change in your physical activity?
Is your doctor currently prescribing medication for your blood pressure or heart condition?
In the past month, have you had chest pain when you were not doing physical activity?
Do you know of any other reason why you should not do physical activity?

If you or anyone in your family can answer YES to any of the above...

It is suggested you talk with your health care professional BEFORE beginning a fitness program or BEFORE having a fitness appraisal. Tell your doctor about this Self Assessment and which statements were answered YES. Physical activity may be possible as long as the participant starts slowly and builds up gradually. Speak to your doctor about the kinds of activities you and your family would like to participate in and follow his/her advice. Find out which programs are safe and helpful for you and your family.

If everyone in your family can answer NO to any of the above...

If everyone in your family answered NO honestly to all of the above, it can be reasonably assumed that everyone can 1) start becoming more physically active: begin slowly and build up gradually; this is the safest and easiest way to go and, 2) take part in a fitness appraisal. This is an **excellent way** to determine someone's basic fitness level so that the best activity plan can be developed.

Delay becoming more active if...

- 1) You are not feeling well because of a temporary illness such as a cold or fever (wait until you feel better), or
- 2) If you are or may be pregnant (talk to your doctor before becoming more active).

Informed use of this Self Assessment:

The YMCA of Eastern Union County and their agents assume no liability for persons who undertake physical activity and if in doubt after completing this Self Assessment, consult their doctor prior to physical activity.

This form is to be used as a educational reminder for everyone in your family. Please always consider this Self Assessment prior to changing your activity levels. This Self Assessment is for you to always keep and refer to.