Brookhollow Fitness Center Enrollment Paperwork

Last	First		Date
Male Female	4	DOB//_	Work Phone
Company Name:		Email:	
Employee # (if applicable)		Security Badge # (la	ast 5 digits)
Emergency Information			
Contact Name:		Home Phone:	
Relationship:	· · ·	Work Phone:	
Physician's Name:		Physician's Phon	9 :
			Staff Use Mail List Welcome

Brookhollow Fitness Facility Membership Form

New Forn	1			
Welcome to Brookhollov	v's On-site Fitness (Center,		
after the 1st of each mont Individuals with a deling	th will incur a \$10	nter, I am aware that paymen .00 late payment feee prohibited from use of the l	Intial.	
Last Name:		Address:	· · · · · · · · · · · · · · · · · · ·	
		City:	State:	Zip:
Signature	 			
Email:		Phone number:		
		Company:		
Discontin	uing Member			
it is my responsibility to to Platinum Parking durir	pay any outstandin			
Last Name (Print) :		•		
First Name (Print):				-
Cancel Date:				•
- Signature:				
Date:				·
Office use only BHFC Badge:	Start Date:		Checl	'

Brookhollow Fitness Center

Price: \$35.18 per month

Terms: All memberships will be on a month to month basis

Eligibility: All Brookhollow tenant employees that have an account with Platinum Parking are

welcome to enroll.

Hours of Operation:

Monday-Friday 5:00am – 6:30pm *for access to Fitness Center (The

facility will close down at 8:00pm for the night).

Saturday

6:00am - 1:00pm

Sunday

Closed

Holiday Schedule

TBA

Equipment/Facilities Available:

Personal cardio machines with cardio theatre, including ellipticals, treadmills and stationary bikes. We have various resistance training options; pin select, free weights, TRX system, and thera-bands. We also have men and women's locker rooms with showers and towels. One-on-one and partner Personal Training sessions are also available. Complimentary with your membership, members are able to participate in group exercise classes, fitness assessments and staff organized incentive programs.

<u>Payment</u>: Platinum Parking will directly bill you on a month to month basis. Payment must be received before the first of every month or a \$10.00 late fee will be added. The first month's payment is by check, money order or credit card only. There is a non-refundable fee of \$15.00 charge to replace lost, stolen or damaged cards. Your employer will have no involvement with your membership. The fitness agreement is solely between the member and the fitness center. <u>Payment can be made online or by check. Please direct billing questions to Platinum Parking at (713)255-2319</u>.

To become a member, please:

- 1) Complete a membership enrollment packet
- 2) Bring completed forms to the Fitness Center
- 3) Take your Membership Form to the Parking office. You will receive a "Fitness access badge".
- 4) Once you receive your badge, begin using the Brookhollow Fitness Center!

"Our lives change when our habits change."

Brookhollow Fitness Center FITNESS CENTER RULES AND GUIDELINES

MEMBERSHIP

- The Fitness Center is available for use to all paying members that have completed the Fitness Center enrollment forms for membership.
- All membership payments must be made directly to Platinum Parking (security/badge office). Platinum Parking will
 directly bill you on a month-to-month basis. Payment must be received before the first of every month or a \$10.00 late fee
 will be added. The first month's payment is by cash or check only. There is a non-refundable fee of \$15.00 charge to
 replace lost, stolen or damaged cards. Your employer will have no involvement with your membership. The fitness
 agreement is solely between the member and the fitness center. Please direct billing questions to Platinum Parking at
 (713)255-2319..
- Only Brookhollow tenants are allowed the use the Fitness Center. No spouses or guests.
- Members are allowed to use the Fitness Center during operational hours only:

o Monday-Friday

5:00am -8:00pm

Saturday

6:00am- 1:00pm

Holiday Schedule

TBA

WORKOUT AREAS

- Athletic clothing and footwear is required at all times when on the workout floor.
- · Spring collars MUST be used when using the Olympic bench.
- · Allow others to "work in" between sets; refrain from resting on strength training equipment between sets.
- Do not drop free weights on floor.
- · Only water bottles are permitted, no open containers will be allowed in workout areas.
- · Clean mud off of footwear before entering the building from exercising outside.
- · Return magazines to storage racks when finished.

LOCKER ROOMS

- Workout bags must be stored in locker rooms.
- Lockers are for day use only; no combination or key locks are to remain on lockers.
- · Take all personal belongings with you after you complete your workout.
- Place dirty towels and trash in appropriate receptacle.
- Wipe/rinse down sink area after shaving, brushing your teeth, etc.
- Vanity areas cannot be reserved prior to use. I

LOST AND FOUND

- Lost and found items such as laundry, shoes, toiletries and articles of clothing will be held for 30 days. Each item is dated
 and stored in the Lost & Found closet, it is up to the individual to retrieve any items found.
- · Equipment and accessories must remain on campus at all times.

These rules are subject to change at the discretion of management. Help us to keep the Fitness Center clean and appealing at all times. Remember, the Fitness Center is a place to exercise and enjoy yourself!

rules whenever I enter the Fitness Center.		ì		
Date:	,		•	
Printed name of member:				<u></u>
Signature of member:				· ·

I, the undersigned, have read and have understood the Fitness Center Rules as written above. I promise to abide by these

WAIVER & RELEASE

(Fitness Center)

	I,Canta the Fitness Center (as defines	, in consideration of being provided defined below), hereby state, acknowledge and agree to the following on				
acc	•		reby s	state, acknowledge and agree to the follow	ing on	
1.	I am at least 18 years of age.					
2.	I am an on-site employee of	•			which	
	company leases office space in that located at 2800, 2900, and 2950 N		_	oject known as Brookhollow Central I, II a Houston, Texas (the "Project").	and III	
2	I desire to use the fitness center le	scated on th	ے 1et	floor of the Brookhollow Central III built	dina in	

- 3. I desire to use the fitness center located on the 1st floor of the Brookhollow Central III building in the Project (the "Fitness Center").
- 4. I understand that the Fitness Center shall be available on a first-come, first-serve basis each day and will be unmanned and unsupervised. I further understand that any and all employees or agents of the owner of the Project (the "Project Owner") who may be present at any time in the Fitness Center are not trained or authorized to provide health, fitness or medical assistance or advice of any kind. Additionally, to the extent the Project Owner permits classes (exercise or otherwise) to be taught or provided in the Fitness Center, I understand that the instructor is an independent contractor and not an employee or agent of the Project Owner, and therefore, I hereby agree that the Project Owner is not responsible or liable in any manner for the acts or omissions of the instructor.
- 5. I understand that the Fitness Center may contain various exercise equipment and machinery and that the Project Owner does not represent or warrant in any manner the good working condition of such equipment and machinery. I further understand that exercise and the use of the Fitness Center. (including without limitation participation in any exercise classes) are potentially hazardous activities that could result in personal injury as well as death, and as such, I acknowledge that my use of the Fitness Center is purely voluntary on my part and I hereby expressly assume any and all risk of injury or death.
- 6. I will not permit the use of the Fitness Center by any person not authorized to use the Fitness Center, and I will abide by the rules and regulations for the use of the Fitness Center that are in effect from time to time.
- 7. I am responsible for paying the Project Owner's standard charge for any access card issued to me in order to gain access to the Fitness Center as well as the Project Owner's standard charge for issuing any replacement cards. I further agree to return any access card to the Project Owner upon the earlier to occur of the end of my employment with my current employer or upon notice from the Project Owner that my access to the Fitness Center is being terminated (which the Owner may do at any time for any reason).
- 8. I, FOR MYSELF, MY HEIRS AND REPRESENTATIVES, HEREBY RELEASE, DISCHARGE, WAIVE AND HOLD HARMLESS THE PROJECT OWNER AND ITS AGENTS (INCLUDING WITHOUT LIMITATION PARMENTER REALTY & INVESTMENT COMPANY AND PARMENTER, LLC) AND THEIR RESPECTIVE EMPLOYEES, OFFICERS, DIRECTORS, SUCCESSORS, ASSIGNS AND HEIRS (COLLECTIVELY, THE "INDEMNIFIED PARTIES"), FROM AND AGAINST ANY AND ALL CLAIMS, DAMAGES. OR LIABILITIES OF ANY KIND (INCLUDING WITHOUT LIMITATION ATTORNEYS' FEES) ARISING FROM OR IN ANY WAY RELATED TO: (I) ANY INJURY TO ME (INCLUDING DEATH), (II) DAMAGE TO, LOSS OF, OR THEFT OF MY PROPERTY OR (III) ANY OTHER INJURY, LOSS OR DAMAGE, OCCURRING IN THE FITNESS CENTER OR RESULTING IN ANY MANNER FROM MY PRESENCE IN OR MY USE OF THE FITNESS CENTER. All releases, discharges, waivers and hold harmless obligations contained in this paragraph

will be enforced to the fullest extent permitted by applicable law for the benefit of the Indemnified Parties, even if the applicable claim is caused by the active or passive negligence or sole, joint, concurrent or comparative negligence of any of such Indemnified Parties, and regardless of whether liability without fault or strict liability is imposed upon or alleged against any such Indemnified Parties, but the provisions of this paragraph will not be enforced for the benefit of any particular Indemnified Party to the extent that a court of competent jurisdiction holds in a final non-appealable judgment that the claim in question was caused solely by the willful misconduct or gross negligence of the Indemnified Party seeking the protections of this paragraph.

	•					
inted Name:				<u>-</u>		
dress:		-				
te:			·			
						•

Physical Activity Readiness Questionnaire

DOB:	Name:	 		Date:	<u></u>
safé for most people. Yowever, some people should check with their doolors before they etait becoming much more physically acids than you are now, sint by answoring the seven questions in the box be you are between the egge of 45 and 69, the PAR-Q will fell you if you should check with your doolor before you afait. If you are and you are not used to being very acilve, check with your doolor. Common sense is your best guide when you answor these que Please read the questions carefully and answer each one honestly. YES NO 1. Has your dootor ever said that you have a heart condition and that you should do only physical acilvity recommended by a doctor? 2. Do you feel pain in your chest when you do physical notivity? 3. In the past month, have you had cheat pain when you were not doing physical acilvity? 4. Do you lose your balance because of dizzhess or do you ever lose consciousness? 5. Do you have a bone or joint problem that gould be made worse by a change in your physical acilvity? 6. Is your doctor currently prescribing druge (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical acilvity? If you answered YES to one or more quositone: We strongly suggest that you talk with your doctor by phone or in person BEFOR you start becoming much more physically acilve or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any acilvity you want - as long a you start slowly and build up gradually. Or you go have a blood of a advice. You can also find out which programs are seles and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically acilve or BEFORE you have a fitness appraisal. Tell your doctor be advice. You can also find out which programs are seles and helpful for you want to particular in a fitness acid as a cold or a feve wall will you feel belier, or you are or may be p	DOB:	Age:	Wk Phone:	Hm Phone:	
1. Has your doctor ever said that you have a heart condition and that you should do only physical solivity recommended by a doctor? 2. Do you feel pain in your chest when you do physical solivity? 3. In the past month, have you had chest pain when you were not doing physical activity? 4. Do you lose your balance because of dizziness or do you ever lose consciousness? 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOR you shert becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES to one or more questions you only you want -a long as you strat abouty and build up gradually. Or your may need to resiriet your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow your doctor's advice. You can also find out which programs are eals and helpful for you. If you answered NO to all questions; You can be reasonably sure that you can also take part in a timess appraisal - this is an excell sowly and build up gradually - this is the safest and easlest way to go. You can also take part in a timess appraisal - this is an excell sway to determine your basic filmess so that you can plan the best way for you to live actively. You should dolay becoming much more active if; you are not feeling well because of a temporary illness such as a cold or a feve well until you feel better; or you are or may be pregnant - talk to your doctor before you slart becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health pr	sele for most you are plant you are belw and you are t	t people. However, some ning to become much me een the ages of 15 and not used to being yery ac	e people ehould check with t ore physically active than yo 69, the PAR-Q will tell you if dive, check with your doctor.	heir doolors before they start bed u are now, start by answering the you should check with your dool Common sense is your best gu	coming much more physically solive a seven quesilons in the box below for before you start. If you are over
do only physical activity recommended by a doctor? 2. Do you feel pain in your chest when you do physical activity? 3. In the past month, have you had chest pain when you were not doing physical activity? 4. Do you lose your balance because of dizziness or do you ever lose consciousness? 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing druge (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOF you start becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or y may need to restrict your activities to those which are sefe for you. Talk with your doctor about the kinds of activities you wish to perillohae in and follow your doctor's advice. You can also find out which programs are self and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically active. Begin answered NO to all questions: You can be reasonably sure that you can start becoming more more more physically active. Begin way to determine your basic fitness so that you can plan the best way for you to live actively. You should dolay benoming much more active it: you are not feeling well because of a temporary liness such as a cold or a feve walt untill you feel belier; or you are or may be preginant - talk to your doctor before you slart becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your litness or health profession and the profession about desertions.	YES NO				
2. Do you feel pain in your chest when you do physical activity? 3. In the past month, have you had chest pain when you were not doing physical activity? 4. Do you lose your balance because of dizziness or do you ever lose consciousness? 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing druge (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOF you start becoming much more physically sollve or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and w questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or y may need to restrict your activities to those which are sefe for you. Talk with your doctor about the kinds of activities you wish to perflict your activities to those which are sefe for you. Talk with your doctor about the kinds of activities you wish to perflict the form of the performance of the performance of activities you wish to perflict the performance of the performance of activities your wash to perform the performance of t		1. Has your doctor e	ver sald that you have a hea	t condition and that you should	4
3. In the past month, have you had cheat pain when you were not doing physical activity? 4. Do you lose your balance because of dizziness or do you ever lose consciousness? 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answored YES to one or more questions: We strongly suggest that you telk with your doctor by phone or in person BEFOF you start becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or y may need to resilid your doctor about the kinds of solivilles you wish to participate in and follow your doctors advice. You can also find out which programs are sele and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically solive. Begin should and build up gradually - this is the safest and easient way to go. You can also take part in a timesa appraisal - this is an excelled way to determine your basic fitness of that you can plan the best way for you to live actively. You should delay bodoming much more active if: you are not feeling well because of a temporary illness such as a cold or a feve wait until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes or that you then answer YES to any of the above questions, tell your fitness or health profession has which here you should change your physical activity plan.		do only physical acily	vity recommended by a docto	or?	
activity? 4. Do you lose your balance because of dizziness or do you ever lose cansalousness? 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answored YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOF you start becoming much more physically active or BEFORE you have a filness appraisal. Tell your doctor about the PAR - Q and w questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or y may need to restrict your activities to those which are serie for you. Talk with your doctor about the kinds of activities you wish to participate in end follow your doctor's advice. You can also find out which programs are serie and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically active. Begin allowly and build up gradually - this is the safest and easiest way to go. You can also take part in a litness appraisal - this is an excel way to determine your basic tiness so that you can plan the best way for you to live actively. You should thely becoming much more active if; you are not feeling well because of a temporary lliness such as a cold or a feve wait untill you feel belier; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health profession was to determine your should change your physical activity plan.		2. Do you feel pain i	n your chest when you do ph	yeloni nolivily?	,
consciousness? 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing druge (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOF you start becoming much more physically sollve or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or y may need to resided your sollvilles to lince which are eafs for you. Talk with your doctor about the kinds of sollvilles you wish to participate in and follow your doctor's advice. You can also find out which programs are safe and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically active. Begin should do gradually - this is the safest and eastest way to go. You can also take part in a fitness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live actively. You should dotay becoming much more active if: you are not feeling well because of a temporary illness such as a cold or a feve wait until you feel before; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health profession as the profession and change your physical activity plan.			, have you had chest pain wi	en you were not doing physical	
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? 6. Is your doctor currently prescribing druge (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and w questions you answered YES. You may be able to do any solivity you want - as long as you start slowly and build up gradually. Or y may need to reside your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow your doctor's advice. You can also find out which programs are safe and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically active. Begin allowly and build up gradually - this is the safest and easiest way to go. You can also take part in a fitness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live actively. You should delay becoming much more active if: you are not feeling well becomes of a temporary liness such as a cold or a feve wait until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health profession activity plan.		4. Do you lose your	balance because of dizzīnes	s or do you ever lose	
your physical activity? 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOR you start becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any solivity you want - as long as you start slowly and build up gradually. Or y may need to reside your solivities to those which are selfs for you. Talk with your doctor about the kinds of solivities you wish to participate in and follow your doctor's advice. You can also find out which programs are sale and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically solive. Begin allowly and build up gradually - this is the salest and easlest way to go. You can slee take part in a litness appraisal - this is an excell way to determine your basic filmess so that you can plan the best way for you to live solively. You should delay becoming much more active if: you are not feeling well because of a temporary lliness such as a cold or a feve wait until you feel beller; or you are or may be pregnant - talk to your doctor before you slart becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your litness or health profession and the profession and the profession and the profession and change your physical activity plan.		consciousness?	,		
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOR you start becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any solivity you want - as long as you start slowly and build up gradually. Or your pead to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in end follow your doctor's advice. You can also find out which programs are safe and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can also take part in a fitness appraisal - this is the safest and easiest way to go. You can also take part in a fitness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live actively. You should delay becoming much more active if: you are not feeling well because of a temporary illness such as a cold or a fever walt until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your liness or health profession as whether you should change your physical activity plan.		5. Do you have a bor	e or joint problem that could	he made worse by a change in	, ,
blood pressure or heart condition? 7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOR you start becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. 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 your solivities to those which are safe for you. Talk with your doctor about the kinds of solivities you wish to participate in end follow your doctor's advice. You can also find out which programs are safe and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically solive. Begin leaving and build up gradually - this is the safest and easiest way to go. You can also take part in a litness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live actively. You should delay becoming much more active it: you are not feeling well because of a temporary illness such as a cold or a fever wait until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your litness or health profession and the profession and the profession are proved to the province of t	,	your physical activity	?		
7. Do you know of any other reason that you should not do physical activity? If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOR you start becoming much more physically sollve or BEFORE you have a filteress appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any activity you want - as long as you start slowly and build up gradually. Or young need to reside your doctor activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow your doctors advice. You can also find out which programs are safe and helpful for you. If you answered NO to all questions: 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 eastest way to go. You can also take part in a filness appraisal - this is an excell way to determine your basic filness so that you can plan the best way for you to live actively. You should delay becoming much more active if: you are not feeling well because of a temporary illness such as a cold or a feve walt until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health profession as the pour fitness.		6. le your dactor curi	ently prescribing druge (for e	xample, water pills) for your	
If you answered YES to one or more questions: We strongly suggest that you talk with your doctor by phone or in person BEFOR you start becoming much more physically sollive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. 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 your sollvilles to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow your doctor's advice. You can also find out which programs are safe and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically active. Begin allowly and build up gradually - this is the safest and easiest way to go. You can also take part in a fitness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live actively. You should delay becoming much more active if: you are not feeling well because of a temporary lilness such as a cold or a feve walt until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health profession as whether you should change your physical activity plan.		blood pressure or hea	art condition?		•
you start becoming much more physically solive or BEFORE you have a fitness appraisal. Tell your doctor about the PAR - Q and we questions you answered YES. You may be able to do any solivity you want - as long as you start slowly and build up gradually. Or y may need to residet your solivities to those which are safe for you. Talk with your doctor about the kinds of solivities you wish to participate in and follow your doctor's advice. You can also find out which programs are eafe and helpful for you. If you answered NO to all questions: You can be reasonably sure that you can start becoming much more physically solive. Begin slowly and build up gradually - this is the safest and easiest way to go. You can also take part in a fitness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live solively. You should delay becoming much more active if: you are not feeling well because of a temporary illness such as a cold or a feve walt until you feel beller; or you are or may be pregnant - talk to your doctor before you start becoming more solive. Please note: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health profession Ask whether you should change your physical activity plan.		7. Do you know of a	ny other reason that you sh	ould not do physical activity?	
elowly and build up gradually - this is the safest and easiest way to go. You can also take part in a litness appraisal - this is an excell way to determine your basic fitness so that you can plan the best way for you to live actively. You should delay becoming much more active if: you are not feeling well because of a temporary illness such as a cold or a feve wait until you feel better; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your litness or health profession as whether you should change your physical activity plan.	you start beco questions you may peed to p	ming much more physica answered YES. You me eairlet your activities to the	ally active or BEFORE you h y be able to do any activity y nose which are safe for you.	ave a fitness appraise). Tell your ou want - as long as you start sic Talk with your doctor about the k	doctor about the PAR - Q and which why and build up gradually. Or you inde of activities you wish to
walt until you feel beller; or you are or may be pregnant - talk to your doctor before you start becoming more active. Please note: If your health changes so that you then answer YES to any of the above questions, tell your litness or health profession Ask whether you should change your physical activity plan.	alowly and bul	ld up gradually - this is it	ie salest and easiest way to	go. You can also take part in a li	ich more physically active. Begin Inesa appraisal - this is an excellent
Ask whether you should change your physical activity plan.					
have read, understood, and completed this questionnaire. Any questions I had were answered to my full satisfaction.				o any of the above questions, tell	your Niness or health professional.
	have read, ur	derstood, and complete	i inis quesilonnaire. Any que	ationa I had were answered to m	y full selisfeollon.
Signature Dato	Signaturo			Date	,