

體能活動就緒問卷 (PAR-Q)

對大部分人來說，體能活動應該不會構成問題或危機。以下的體能活動就緒問卷(PAR-Q)，就是為少數不適宜作體能活動或是需依照醫生指引進行合適運動的成人而設。請細閱以下問題，然後誠實回答「是」或「否」。

是 否

- 醫生曾否說你的心臟有問題，以及只可進行醫生建議的體能活動？
- 你進行體能活動時會否感到胸口痛？
- 過去一個月內，你曾否在沒有進行體能活動時也感到胸口痛？
- 你曾否因感到暈眩而失去平衡，或曾否失去知覺？
- 你的骨骼或關節（例如脊體、膝蓋或腕關節）是否有毛病，且會因改變體能活動而惡化？
- 你曾否確診高血壓？
- 你曾否確診高膽固醇？
- 你曾否確診糖尿病？

如果你的答案有一條或以上答「是」

你的身體狀況可能不適合參與香港糖尿聯會健康長跑。

大會強烈建議你參與香港糖尿聯會健康長跑之前，先與醫生商談，告知醫生這份問卷，以及你回答「是」的問題。告訴醫生你希望參加的項目及聽從他的意見。

你應該只在醫生認為適合的身體狀況下參與香港糖尿聯會健康長跑。

內容根據康樂及文化事務署的《體能活動適應能力問卷》
體能活動適應能力問卷來源：The Canadian Society for Exercise Physiology

Physical Activity Readiness Questionnaire (PAR-Q)

For most people, physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them. Common sense is your best guide in answering these few questions. Please read them carefully and check YES or NO opposite the question if it applies to you.

YES NO

- 1. Have your doctor ever said that you have a heart condition and that should only do 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 (for example, back, knee or hip) that could be made worse by a change in your physical activity?
- 6. During blood pressure monitoring, have you ever recorded high blood pressure?
- 7. Have you ever been diagnosed with high cholesterol?
- 8. Do you have diabetes?

If you answered YES to one or more questions ...

Your physical condition may not be suitable for taking part in the Diabetes Hongkong Healthy Run (the Run).

It is strongly recommended that you talk with your doctor BEFORE you take part in the Run. Tell your doctor about the questions you answered YES and follow his / her advice.

You should only take part if your doctor advises you that you can do so without risk.

Developed based on Leisure and Cultural Services Departments latest
《Physical Activity Readiness Questionnaire PAR-Q》 Source of the PAR-Q:
The Canadian Society for Exercise Physiology