

PAR-Q Physical Activity Hotline

The PAR-Q, the Physical Activity Readiness Questionnaire can be used to identify the small number of adults for whom physical activity may be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Designed by the [Canadian Society for Exercise Physiology](#), PAR-Q is available to download at www.csep.ca/en/publications.

Access the PAR-Q hotline for FREE advice

Email: info@physicalactivityhotline.com

Call: **1-877-725-1149**

Monday to Friday 9 AM to 5 PM