

Paradise Pilates

PRE-EXERCISE SCREENING TOOL



This screening tool does not provide advice on a particular matter, nor does it substitute for advice from an appropriately qualified medical professional. No warranty of safety should result from its use. The screening system in no way guarantees against injury or death. No responsibility or liability whatsoever can be accepted by Exercise and Sports Science Australia, Fitness Australia or Sports Medicine Australia for any loss, damage or injury that may arise from any person acting on any statement or information contained in this tool.

Name _____ Phone _____

Date of Birth ____/____/____ Male Female

Email _____

Postal Address _____

How did you hear about Paradise Pilates? _____

AIM: to identify those individuals with a known disease, or signs or symptoms of disease, who may be at a higher risk of an adverse event during physical activity/exercise. This stage is self-administered and self-evaluated.

		Please Circle Response	
1	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	Yes	No
2	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	Yes	No
3	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	Yes	No
4	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	Yes	No
5	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	Yes	No
6	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	Yes	No
7	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise, or pregnant/within 6 weeks postpartum?	Yes	No

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise

I believe that to the best of my knowledge, all of the information I have supplied within this tool is correct.

Signature _____ Date _____