

Fitness Center Preparticipation Screening Questionnaire

Assess your health needs by marking all true statements.

History

You have had:

- A heart attack
- Heart surgery
- Cardiac catheterization
- Coronary angioplasty (PTCA)
- Pacemaker/implantable cardiac defibrillator/rhythm disturbance
- Heart valve disease
- Heart Failure
- Heart transplantation
- Congenital heart disease

Symptoms

- You experience chest discomfort with exertion.
- You experience unreasonable breathlessness.
- You experience dizziness, fainting, blackouts.
- You take heart medications.

Other health issues

- You have diabetes
- You have or asthma other lung disease.
- You have burning or cramping in your lower legs when walking short distances.
- You have musculoskeletal problems that limit your physical activity
- You have concerns about the safety of exercise.
- You take prescription medication(s)
- You are pregnant

If you marked any of these statements in this section, we require a physicians release, attached, in order to continue with the joining process.

Cardiovascular risk factors

- You are a man older than 45 years.
- You are a woman older than 55 years, you have had a hysterectomy, or you are postmenopausal.
- You smoke, or quite within the previous 6 mo.
- Your blood pressure is greater than 140/90.
- You don't know your blood pressure.
- You take blood pressure medication.
- Your blood cholesterol level is >200 mg/dL.
- You don't know your cholesterol level.
- You have a close blood relative who had a heart attack before age 55 (father or brother) or age 65 (mother or sister).
- You are physically inactive (i.e., you get less than 30 min. of physical activity on at least 3 days per week).
- You are more than 20 pounds overweight

If you marked two or more of the statements in this section you are required to obtain a physicians release, attached, in order to join the facility.

None of the above is true.

You should be able to exercise safely without consulting your physician or other healthcare provider in a self-guided program or almost any facility that meets your exercise program needs.