

# EMMA STEWART PILATES

Emma Stewart, Craig Cottage, Lumphanan, Banchory, AB31 4SJ  
07929-957570 or emma@deesidedancecentre.co.uk

If you are planning to take part in physical activity or an exercise class, start by answering the questions below. If you are between the ages of 15 and 69, the questionnaire will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor.

## ALL INFORMATION WILL BE TREATED CONFIDENTIALLY

Please circle

1.	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
2.	Do you ever feel pain in your chest when you do physical activity?	YES	NO
3.	Have you ever had chest pain when you are not doing physical activity?	YES	NO
4.	Do you ever feel faint or have spells of dizziness?	YES	NO
5.	Do you have a joint problem that could be made worse by exercise? Please give details:	YES	NO
6.	Have you ever been told that you have high blood pressure?	YES	NO
7.	Are you currently taking any medication of which your instructor should be aware? If so, what?	YES	NO
8.	Are you pregnant or have you had a baby in the last 6 months?	YES	NO
9.	Is there any other reason why you should not participate in physical activity? If so, what?	YES	NO

**IF YOU HAVE ANSWERED YES TO ONE OR MORE QUESTIONS**, talk to your doctor by phone or in person before you start becoming more physically active. Tell your doctor about the questionnaire and which question you answered YES to.

You may be able to do any activity you want – as long as you build up slowly and gradually. Or you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activity you wish to participate in and follow his/her advice.

**IF YOU HAVE ANSWERED NO TO ALL QUESTIONS**, you can be reasonably sure that you can start to become more physically active and take part in a suitable exercise programme.

Remember to begin slowly and build up gradually.

**PLEASE NOTE** – If your health changes so that subsequently you answer YES to any of the above questions, inform your teacher immediately. If you feel unwell because of a temporary illness, such as cold or flu, delay becoming more active and wait until you are better.

I HAVE READ, UNDERSTOOD AND COMPLETED THIS QUESTIONNAIRE:

Name: ..... Signature: .....

Email: .....

Address: ..... Phone No: .....

..... Mobile: .....

..... Date: .....

Emergency contact name and phone no: .....