

Getting Started in Group Fitness Classes

Anyone participating in any group fitness class should modify the workout to their own fitness level. Classes are not geared specifically to any particular fitness level (beginner, intermediate, advanced.) However, some classes are recommended for people with experience of the class or a higher level of fitness to maximize the goals of the class. Please check with the fitness instructor, fitness coordinator, or check the class descriptions if there is any question to the appropriateness of a specific class to your personal fitness level and goals.

Revised Scale for Perceived Ratings of Exertion

0	Nothing at all	
1	Very Light	Warm-Up/Cool Down
2		
3		
4	Light	
5	Moderate	Aerobic
6		
7	Hard	
8*		Anaerobic
9*	Very Hard	
10*		

*Maximal

The Talk Test

An individual should be able to carry on a normal conversation during exercise. If it is not possible to talk during exercise, exercise intensity should be decreased.

General Exercise Recommendations for Healthy Adults

Training Component	Frequency (days per week)	Intensity	Time (Duration) or Repetitions	Type (Activity)
Cardiorespiratory	>5	Moderate (40% to <60% VO ₂ R/HRR)	>30 minutes*	Aerobic (cardiovascular endurance) activities and weightbearing exercise
	>3	Vigorous (>60% VO ₂ R/HRR)	20-25 minutes*	
	3-5	Combination of moderate and vigorous (40% to <60% VO ₂ R/HRR or >80% VO ₂ R/HRR)	20-30 minutes*	
Resistance	2-3	60-80% or 1HM or RPE 5 to 6 (0-10 scale) for older adults	2-4 sets of 8-25 repetitions (e.g., 8-12, 10-15, 15-25; depending upon goal)	8-10 exercises that include all major muscle groups (full-body or split routine); muscular strength and endurance, calisthenics, and neuromuscular (balance and agility) exercise
Flexibility	>2-3	Stretch to the limits of discomfort within the ROM. to the point of mild tightness without discomfort	>1 repetitions per muscle group Static: 15-60 seconds: PNF: hold 6 seconds, then a 10-30 second assisted stretch	All major muscle-tendon groups Static: PNF, or dynamic (ballistic may be fine for individuals who participate in ballistic activities)

*Continuous exercise or intermittent exercise in bouts of at least 10 minutes in duration to accumulate the minimum recommendation for the given intensity.

Nola: VO₂ R = VO₂ reserve; HRR = Heart rate reserve; 1 RM = One-repetition maximum; RPE= Ratings of perceived exertion; ROM= Range of motion; PNF - Proprioceptive neuromuscular facilitation

Source: America College of Sports Medicine (2013; ACSM Guidelines for Exercise Testing and Prescription (8th edition Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.

Delay Becoming Much More Active:

- If you are or may be pregnant, please complete this questionnaire found at <http://www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf> and consult your physician before beginning an exercise program.
- If you have any known risk factors for cardiovascular disease, complete the questionnaire found at <http://www.csep.ca/cmfiles/publications/parq/parmed-x.pdf>, and consult your physician before beginning an exercise program.

PAR-Q & YOU

(A Questionnaire for People Aged 15 - 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q 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.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	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?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

Yes to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

IF YOU ANSWERED

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

Name: _____

Signature: _____ Date: _____

Signature of Parent: _____ Witness: _____
or Guardian (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.