



FREE!! Learn to Walk / Learn to Run Clinic

March 29 to May 3, 2011 (each Tuesday)

Registration Form

Name: _____ Phone: _____

Mailing Address: _____ Email: _____

Age category:

16 to 25

41 to 50

61 to 70

26 to 40

51 to 60

over 71

Clinic Groups: please indicate the **best group** for you based on your current activity level as outlined below.

Walking:

- beginner walk:** currently not doing any physical activity; want to learn how to start walking
- recreational walk:** currently doing physical activity 2 to 3 times a week; have done some walking, but need to get moving after the winter
- power walk:** currently doing moderate physical activity 4 to 6 times a week; want to continue walking

Running:

- learn to run:** currently doing some physical activity 2 to 3 times a week; want to learn how to start running
- like to run:** currently doing moderate physical activity 3 to 5 times a week; have done some running, but need to get moving after the winter
- love to run:** currently doing physical activity 4 to 7 times a week on a regular basis and can run 20-25 minutes comfortably while carrying on a conversation

Declaration Waiver

I am aware of the physical demands of training and waive the responsibility of the Run for Mom if I am to injury myself while attending the clinic. I will obtain doctor's approval to participate if I answered yes to any of the questions on the PAR -Q form.

Print name: _____ Signature: _____ Date: _____

Parent / guardian signature if under 19 years of age: _____

Please complete this form, review the PAR - Q test on the back of this sheet, and drop off at Sport Yukon prior to March 29.

The Physical Activity Readiness Questionnaire

PAR-Q

Becoming more active is very safe for most people, but if you're in doubt, please complete the questionnaire below. Some people should check with their doctor before they start becoming much more physically active. Start by answering the seven questions 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 are not used to being very active, definitely check with your doctor first.

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

If you answered YES to one or more questions, talk with your doctor before you start becoming much more physically active.

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active right now. Be sure to start slowly and progress gradually - this is the safest and easiest way to go.

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
- You are or may be pregnant - talk to your doctor before you start becoming much more active.

Note: If your health changes so that you then answer YES to any of the above questions, ask for advice from your fitness or health professional.