

**Physical Activity Readiness Questionnaire
(PAR-Q)**

Personal Information

First Name:		Last Name:		
Address:		City:	State:	Zip Code:
Mobile	Email:			D.O.B:

Chronic Pain | Common & Major Surgery Information:

Do you have any chronic neck pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had neck surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic shoulder pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had shoulder surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic elbow pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had an elbow surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic wrist pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a wrist surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic back pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a back surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic ankle pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had an ankle surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any chronic toe pain? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a toe surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have any other chronic pain not listed here? <input type="checkbox"/> Yes <input type="checkbox"/> No If so, please describe below.	
Have you ever had an appendectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had carotid endarterectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had cataract surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a breast biopsy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had debridement of wound, burn, or infection? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a cesarean section? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had dilation and curettage? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had cholecystectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had a skin graft? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a coronary artery bypass? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had hemorrhoidectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a mastectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had Hysteroscopy? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a mastectomy (segmented)? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had a hysterectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a colectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had inguinal hernia repair? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a tonsillectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have you ever had a prostatectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had a partial colectomy? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you currently have heart disease? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you currently have kidney disease? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you currently have liver disease? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you currently have hypoglycemia? <input type="checkbox"/> Yes <input type="checkbox"/> No
Have do you currently have hypertension? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you hypoglycemic? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you currently have cancer? <input type="checkbox"/> Yes <input type="checkbox"/> No	Have you ever had stroke <input type="checkbox"/> Yes <input type="checkbox"/> No
Cancer Type: _____	Do you currently have diabetes <input type="checkbox"/> Yes <input type="checkbox"/> No

General Health

Has your doctor ever said that you have a heart condition, and that you should only perform physical activity recommended by a doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Do you feel pain in your chest when you exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No	
In the past month, have you had chest pain when not performing chest exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Have you ever had fainting spells? <input type="checkbox"/> Yes <input type="checkbox"/> No	Any recent surgery? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have bone or joint problem that could be made worse by physical activity? <input type="checkbox"/> Yes <input type="checkbox"/> No	Are you currently on blood pressure medication prescribed by your doctor? <input type="checkbox"/> Yes <input type="checkbox"/> No
Do you know of any reason why you should not engage in physical activity? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you smoke Cigarettes? <input type="checkbox"/> Yes <input type="checkbox"/> No

Physical Activity Information

Do you exercise Regularly? <input type="checkbox"/> Yes <input type="checkbox"/> No	How many days per week do you exercise <input type="checkbox"/> 0 <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7
What is your favorite exercise?	In general, do you enjoy exercise? <input type="checkbox"/> Yes <input type="checkbox"/> No

How Does Your Job Affect You?

What is your occupation? Executive	Is your current occupation stressful? <input type="checkbox"/> Yes <input type="checkbox"/> No
Does your occupation require extended sitting? <input type="checkbox"/> Yes <input type="checkbox"/> No	Does your occupation require you to wear shoes with heels? <input type="checkbox"/> Yes <input type="checkbox"/> No
Does your occupation require extended standing? <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you eat sugar? <input type="checkbox"/> Yes <input type="checkbox"/> No How many grams per day? <input type="checkbox"/> 5-25g <input type="checkbox"/> 26g+

Current Nutrition | Body Type

On a scale of 1 to 5, with 5 being excellent... How would you rate your current nutrition? <input type="checkbox"/> 0 - Doesn't Exist <input type="checkbox"/> 1 - Very Poor <input type="checkbox"/> 2 - Poor <input type="checkbox"/> 3 - Average <input type="checkbox"/> 4 - Good <input type="checkbox"/> 5 - Excellent
Which best describes you? <input type="checkbox"/> Type I: I can eat anything I want and not gain weight. I have a very hard time gaining weight. <input type="checkbox"/> Type II: I can lose or gain weight by adjusting my activity level and eating habits. <input type="checkbox"/> Type III: I find it very hard to lose weight. I gain weight very easily and have to watch everything I eat.
Do you have any food allergies? <input type="checkbox"/> Yes <input type="checkbox"/> No If so, please describe below.
Please use the provided space to describe any other food sensitivities you may have.
Please look below and place a "checkmark" next to the type of diet or diets you practice. If you don't see your diet type on the list, please use the provided space to describe it.

I, _____ understand that the treatment I am about to receive, and that the information I have provided about myself, including my medical condition and illness (es) are truthful and correct. I further understand that my information will be kept confidential. Additionally, I understand that Bodies By Akeem, LLC will not share, sell, or redistribute any part of my non-personal information without my expressed written consent. Finally, I hereby indemnify Bodies By Akeem, LLC, its trainers, other employees, and vendors against any adverse reaction sustained as a result of treatment provided by Bodies By Akeem, LLC.

Signature: _____

Date: _____

- **Appendectomy.** An appendectomy is removing the appendix. The appendix is a small structure shaped like a tube that branches off the large intestine. This surgery is done to treat appendicitis. Appendicitis is the acute inflammation of the appendix because of infection.
- **Breast biopsy.** A biopsy is a test used to help diagnose cancer. The surgeon removes a small sample of tissue or cells. The sample is looked at under a microscope. This procedure is also used to remove abnormal breast tissue. A biopsy may be done using a hollow needle to remove tissue (needle biopsy). Or the surgeon may remove some or all of a lump (lumpectomy). This may be done to look for cancer or done as treatment.
- **Carotid endarterectomy.** Carotid endarterectomy is a surgery to remove blockage from carotid arteries. These arteries are in the neck. They supply blood to the brain. Left untreated, a blocked carotid artery can cause a stroke.
- **Cataract surgery.** Cataracts cloud the normally clear lens of the eyes. Cataract surgery involves removing the cloudy lens and replacing it with a clear artificial lens.
- **Cesarean section.** Cesarean section, or c-section, is delivering a baby by making an incision through the mother's abdomen and uterus. This procedure is done when doctors decide that it is a safer way to deliver the baby than a vaginal delivery.
- **Cholecystectomy.** A cholecystectomy is surgery to remove the gallbladder. The gallbladder is a pear-shaped sac near the right lobe of the liver. The gallbladder holds bile. A gallbladder may need to be removed if it collects gallstones. It may also be removed if it is infected or becomes cancer.
- **Coronary artery bypass.** This surgery is commonly called bypass surgery. It is done if you have chest pain (angina) and coronary artery disease. Coronary artery disease means you have plaque in your arteries. During the surgery, the healthcare provider creates a bypass by grafting a piece of a vein above and below the blocked area of a coronary artery. This lets blood flow around the blockage. The surgeon usually takes veins from a leg. But sometimes the surgeon uses arteries from the chest.
- **Debridement of wound, burn, or infection.** Debridement involves removing foreign material from a wound or burn. Or it may involve removing dead, damaged, or infected tissue from a wound or burn. After the tissue is removed, healthy tissue can heal more quickly.
- **Dilation and curettage (D&C).** A D&C is a minor surgery where the cervix is expanded (dilated). The surgeon can then scrape the cervical canal and uterine lining. The surgeon uses a curette, a spoon-shaped instrument.
- **Free skin graft.** A skin graft involves removing healthy skin from one part of the body to repair areas of lost or damaged skin in another part of the body. Skin grafts are often done because of burns, injury, or surgery to remove diseased skin. The grafts are most often done when the area is too large to be repaired by stitching or natural healing.
- **Hemorrhoidectomy.** A hemorrhoidectomy is surgery to remove hemorrhoids. Hemorrhoids are distended veins in the lower rectum or anus.
- **Hysterectomy.** A hysterectomy is surgery to remove a woman's uterus. This may be done through an incision in the abdomen, through small incisions and a laparoscope, or vaginally. The ovaries may be removed at the same time.
- **Hysteroscopy.** Hysteroscopy is a procedure used to help diagnose and treat many uterine disorders. The hysteroscope is a tool to help the healthcare provider see the canal of the cervix and the inside of the uterus. The tool sends images of the area to a computer monitor.
- **Inguinal hernia repair.** Inguinal hernias are when the small intestine bulges through a weak area in the lower abdominal muscles. An inguinal hernia occurs in the groin. This surgery repairs the intestine by pulling it back to its original place and fixing the problem in the abdominal wall.
- **Low back pain surgery.** Low back pain can have many causes. These include abnormal backbone structure, stress on the back, injury, or a physical disorder that affects the bones of the spine. Surgery usually is not considered until other treatment has been tried. Other treatment includes rest, medicine, and mild exercise. The type of surgery done on the back depends what back problem you have.
- **Mastectomy.** A mastectomy is removing all or part of the breast. Mastectomies are usually done to treat breast cancer. There are several types of mastectomies. They include:
 - **Partial (segmental) mastectomy.** This involves removing the breast cancer and a larger part of the normal breast tissue around the breast cancer. This surgery is also called breast-conserving surgery.
- **Prostatectomy.** A prostatectomy is removing all or part of the prostate gland. The prostate is the sex gland in men that surrounds the neck of the bladder and urethra. A prostatectomy may be done for an enlarged prostate or benign prostatic hyperplasia. Or it may be done if the prostate gland has cancer.
- **Tonsillectomy.** A tonsillectomy is removing of one or both tonsils. Your tonsils are at the back of the mouth. They help fight infections .
- **Partial colectomy.** A partial colectomy is removing part of the large intestine (colon). This may be done to treat cancer of the colon or inflammatory conditions such as ulcerative colitis or diverticulitis.

Types of Diets

Plenty of diets to choose from in the present day

People diet for all types of reasons as there are no shortage of reasons for wanting to live a healthier life. There are also a wide variety of options when it comes to selecting a diet that might work for you. Here is a closer look at some of the different types of diets that people are using all around the world.

□The Paleo Diet

This is a natural way of eating, one that almost abandons all intake of sugar. The only sugar in a Paleo diet comes from fruit. However, abandoning sugar is not the only stipulation. Processed foods and grains are also eliminated from the Paleo diet. The fewer number of carbohydrates in your system leads to a decreased amount of glucose. Your system will then begin to use fat as its fuel source. In a Paleo diet, dairy is also eliminated. So what can be eaten? A Paleo diet consists of fish, fowl, vegetables, fruits, nuts, oils, sweet potatoes, eggs and meat, so long as that meat is grass-fed and not grain-fed.

□The Blood Type Diet

Some doctors have started to research diets that coincide with particular blood types. The premise of these diets attempts to match people with their common dietary needs based on their blood type. For example, individuals with type O blood are recommended to eat lots of food that are high in protein. In order to lose weight, spinach, red meat, seafood and broccoli are suggested while dairy should be avoided. Those with type A blood are recommended to avoid meat and place an emphasis on turkey, tofu, and fruit while weight loss is contingent on eating a diet that consists primarily of soy, seafood and vegetables. Individuals with type B and AB blood also have their own dietary restrictions and recommendations.

□The Vegan Diet

This diet is a form of a vegetarian diet as it eliminates meat and animal products. One of the primary effects of this diet is that it reduces the intake of cholesterol and saturated fat. It takes some planning, but if a vegan diet is rationed out properly, it can have many positive effects. Studies have proven that those who practice a vegan diet minimize their overall risk of coronary heart disease, obesity and high blood pressure. To compensate for a lack of meat, vegans must find a way to incorporate more sources of protein and vitamin B-12 into their diets.

□The South Beach Diet

This diet was first introduced in 2003 and is based on the premise of changing one's overall eating habits by balancing out one's everyday diet. Certain carbohydrates are completely avoided. It does not eliminate carbohydrates altogether, but aims to educate dieters on which carbs to always avoid. This often leads to developing a healthy way of eating so that it will be sustainable for the rest of people's lives. The diet includes a selection of healthy fats, lean protein, as well as good carbs.

□The Mediterranean Diet

This is another kind of vegetable-heavy diet that avoids a lot of meat, but does not eliminate it altogether. This diet has been proven to help with depression, in addition to controlling blood sugar levels and helping with weight loss. The Mediterranean diet recommends the use of oil as much as possible and that means as an alternative to butter, salad dressings or marinades. It also emphasizes adding vegetables to each meal and favors fish over chicken. Whole grains, nuts and herbs are also used in larger amounts.

□Raw Food Diet

This is a diet that places a premium on eating uncooked and unprocessed foods. The diet eliminates the intake of any foods that have been pasteurized or produced with any kind of synthetics or additives. The diet is intended to create a surge in energy, a decrease in inflammation, while also lowering the number of carcinogens in one's diet.

□The Zone Diet

Introduced more than 30 years by Dr. Barry Sears, an American Biochemist. He developed the diet after losing family members to heart attacks, and felt he too was at risk unless he found a way to fight the disease. He proposed that inflammation was the reason that people gain weight, become sick, and age faster. The diet claimed that once inflammation is reduced, weight loss comes at a faster rate; while slowing down the aging process, and the risk of chronic diseases.

□The HCG Diet

Is It Safe and Effective? That would be a flat no on both counts. In fact, the United States Food and Drug Administration (FDA) has advised consumers to steer clear of over-the-counter weight-loss products that contain HCG. HCG is human chorionic gonadotropin, a hormone produced during pregnancy.

As a prescription medication, HCG is used mainly to treat fertility issues. HCG is not approved for over-the-counter use, nor has it been proved to work for weight loss. HCG medications are required to carry a label from the FDA noting that the medication is not effective for weight loss. Some over-the-counter HCG weight-loss products are labeled "homeopathic" — but the FDA says they're still not safe. Companies that sell over-the-counter HCG weight-loss products are breaking the law.

The hype behind HCG is the extremely restrictive diet recommendations of only consuming about 500 to 800 calories per day — for weight loss. It promises. People who follow diets so low in calories are likely to lose weight, at least in the short-term, but the long-term side effect far outweighs the benefits. Some research has linked HCG weight-loss products to a possible increase in cancer risk. HCG might encourage the production of androgen cells, which could result in the growth of certain types of cancers. If weight loss is your goal, there are safer ways to lose weight. I have never believed in shortcuts to weight loss.

□The Atkins Diet

Developed in the 1960's by cardiologist Robert C. Atkins, this is a plan that focuses on low carbohydrate food intake. It restricts carbohydrates, while emphasizing greatly on proteins and fats. Previously called the Atkins Nutritional Approach, it has been credited for the low-carb diet trend.

The purpose of the Atkins Diet is to change your eating habits to help you lose weight and keep it off. The Atkins Diet also says it's a healthy lifelong approach to eating, whether you want to lose weight, boost your energy or help improve certain health problems, such as high blood pressure or metabolic syndrome.

Why you might follow the Atkins Diet

- Enjoy the types and amounts of food featured in the diet
- Want a diet that restricts certain carbs to help you lose weight
- Want to change your overall eating habits
- Have medical concerns you think the diet can help improve
- Like the related Atkins Diet products, such as cookbooks, shakes and bars

Carbohydrates

While the Atkins Diet doesn't require calorie counting or portion control. It does however require you to track your carbs. It uses a system called net carbs, which is the total carbohydrate content of an item minus its fiber content. For example, a half-cup (4 ounces) of raw broccoli has 2.3 grams of total carbs and 1.3 grams of fiber, putting its net carb value at 1 gram.

The Atkins Diet says its approach to carbs will burn off your body's fat stores, regulate your blood sugar and help you achieve optimal health, while not leaving you feeling hungry or deprived. Once you're at your goal weight, the Atkins Diet also says it will help you identify your personal carbohydrate tolerance — the number of grams of net carbs you can eat each day without gaining or losing weight.

□The Dukan Diet

Developed in the 1970's by a French general practitioner, Dr. Pierre Dukan, the plan is based on a high-protein, low carbohydrate diet. The plan has some of the low carb features of the Atkins Diet. While many people want to lose weight quickly, maintain it is another problem. The Dukan Diet claims to produce rapid, permanent weight loss without hunger. However, you may wonder if this diet would work for you. *The plan starts with participants eating an unlimited lean protein plus 1.5 teaspoon of oat bran per day. The Dukan Diet is complicated is complicated, eliminates lots of healthy foods, and may prompt health concerns due to its high protein contents, and probably not a long-term solution for weight loss.*

How Does It Work?

1. **Attack - (1–7 days):** You start the diet by eating unlimited lean protein plus 1.5 tablespoons of oat bran per day.
2. **Cruise Phase (1–12 months):** Alternate lean protein one day with lean protein for none starchy the next, plus 2 tablespoons of oat bran every day.
2. **Consolidation Phase (5 days for every pound lost in phases 1 and 2):** Unlimited lean protein and veggies, some carbs and fats, one day of lean protein weekly, 2.5 tablespoons of oat bran daily.
3. **Stabilization Phase (indefinite):** Follow the Consolidation Phase guidelines but loosen the rules as long as your weight remains stable. Oat bran is increased to 3 tablespoons per day.

□Intermittent Fasting

Intermittent fasting is cutting yourself off from any food or beverages, other than water, for a certain amount of time. Some fasting is for religious reasons, while others fast for weight loss. But is it a healthy way to lose weight?

Here's a novice idea - Want to lose weight? Just don't eat, right? Shouldn't it be that simple? That's a joke. Please don't do that.

Truth is, intermittent fasting, or the idea of abstinence of food or beverage for a prolonged period of time isn't for everyone, and people with health conditions should stay clear of it. The human body needs a given amount of nutrients every day to not maintain healthy organs. Denying the body calories for an extended period of time isn't recommended for those who are physically active, pregnant, under the age of 18, nor is it recommended for those with medical conditions such as diabetes.

Intermittent fasting is safe for many people, but it's not for everyone. Skipping meals may not be the best way to manage your weight if you're pregnant or breast-feeding. If you have kidney stones, gastroesophageal reflux, diabetes or other medical problems, talk with your doctor before starting intermittent fasting.

It's worth noting that intermittent fasting can have unpleasant side effects, but they usually go away within a 30-day period. Side effects may include:

Hunger

Fatigue

Insomnia

Nausea

Headaches