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PLEASE READ THIS ENTIRE DOCUMENT CAREFULLY BEFORE SIGNING IT. THIS DOCUMENT RELEASES THE CITADEL FROM ANY LIABILITY RESULTING FROM ANY PARTICIPATION IN THE ABOVE ACTIVITIES.

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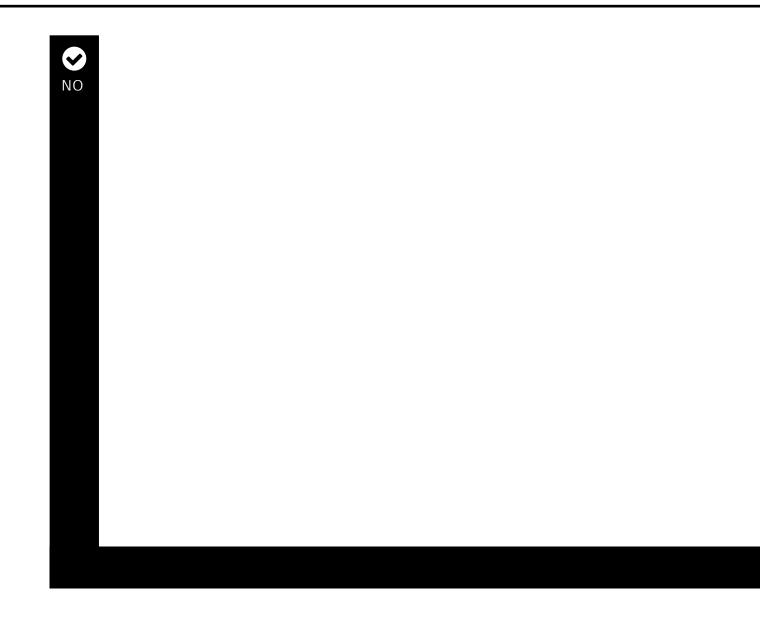
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Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the bene ts of physical activity far outweigh any risks. For some individuals, speci c advice from a Quali ed Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certi cation in the area – see csep.ca/certi cations) or health care provider is advisable. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.





ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

- 1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)?
- 2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity?

DAYS/ WEEK MINUTES/ DAY MINUTES/ WEEK

For adults, please multiply your average number of days/week by the average number of minutes/day:

Canadian Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do vigorous-intensity physical activit@i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Quali ed Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.



DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct. If my health changes, I will complete this questionnaire again.

Name (+ Name of Pare	nt/Guardian if applicable) [Please print]	Signature (or Signature of Parent/Guardian if applicable)	Date of Birth
Date	Email (optional)	Telephone (optional)	