



Proudly Presents...



The OFFICIAL Sole Sisters Sequel Registration Form 2013

Your Name: _____

Full Address: _____

Phone Numbers: _____

Email Address – necessary for communicating! You may add multiple email addresses... however please print VERY clearly... thank you!

In case of emergency please contact:

Name: _____ Phone numbers: _____

* Every Participant is required to complete a ParQ Form (A Physical Activity Readiness Questionnaire). This is a separate form that requires your signature – please bring it to the clinic on day 1 or scan & send. Please note here any medical condition or information you feel is necessary we know about you ASAP. THANK YOU!



Please Pick Your Clinic by Circling the Clinic You Want:

CLINIC:	Days & Times:	Dates:	Cost:
2013 Sole Sisters Sequel 10k Clinic	Tuesdays 7-8:30pm	June 18-October 1 st 16 weeks	PLEASE NOTE BELOW the price options and select carefully. Thank you!
2013 Sole Sisters Sequel 1/2 Marathon Clinic	Tuesdays 7-8:30pm Long walks and runs are on Saturday or Sunday mornings☺.	June 18-October 1 st 16 weeks	
2013 Cyber Sisters	Cyberly	June-October 16 weeks	\$69 + GST = \$72.45
Personal “Sole Sisters” Coaching	January – May	Arranged between YOU and Mena	\$399 + HST = \$446.88

**** Please choose carefully when you are registering:**

- Do you need a 2013 Sole Sisters Manual?
- Do you need another 2013 Sole Sisters Technical Run shirt? You can choose between a short sleeve blue shirt or a pink tank top... Whatever is available while we clear out our 2013 shirts. If you do not need a shirt... choose the “no shirt” option and pay less.

Payment:

Full Clinic Price (includes shirt and manual) For NEW Sole Sisters of 2013:

\$99 + GST (5% = \$4.95) = \$103.95

I already have a 2013 Sole Sisters Manual but I still want another Sole Sisters Shirt: \$89 + GST= \$93.45

I already have a 2013 Sole Sisters Manual and I do need another Sole Sisters Technical shirt: \$69 + GST = \$72.45

Payment Amount: Please insert amount here: _____

Method of payment: Please circle

CASH CHQ ONLINE Taken by SS: _____

THANK YOU!



ABOUT YOUR Shirt☺

- **You do not need to pick your shirt ahead of time... they will be ready for you Day 1... first come, first wearing☺... and YES we hope it is your first choice from the shirt options are available. Due to the time of the season... we hope that your size is there in your first choice of style☺. We do aim to please! See you at the SWAG Table on night one☺.**

How to submit your registration:

Options:

1 – Go to www.solesistersvictoria.com and register online☺. If you choose to register online please remember to submit your ParQ Form to me – either scan and send or bring it with you on day 1☺.

2 - You can mail or drop off your complete registration package to me at:
1040 Tulip Avenue, Victoria, B.C., V8Z 2P9. Your registration should include:

- Your official registration form
- Your completed and signed PAR Q form
- Your payment

Registration will be limited. Due to safety reasons, I do not encourage late registrations into the clinic for brand new participants to physical activity. Please contact me if you have any questions... I want to find a place for you☺!

*** For statistical purposes only AND so I can get to know you better... I would love for you to complete the following page BUT it is at your own will that you do so. All personal answers are kept confidential. Thank you in advance for helping me be best ready for you ☺.*

- 1. Please let me know how many years and what years you have been in a Sole Sisters Program:**
-

- 2. How did you learn about Sole Sisters?**
-

- 3. Please circle the age group that you fall into:**

16-19 year 20-24 years 25-29 years 30-34 years 35-39 years 40-44 years

45-49 years 50-54 years 55-59 years 60-64 years 65-69 year 70-74 years 75 yrs+

4. What does Sole Sisters mean to you?

5. Please ‘rate’ your current level of fitness:

VERY ACTIVE ACTIVE SOMETIMES ACTIVE INACTIVE

If you have said you are active at any level, how many times a week do you exercise, for how long and in what activities do you recreate in?

6. Please ‘rate’ your current level of happiness:

Always happy Usually happy Sometimes Happy Rarely Happy

7. Please rate your personal satisfaction with your personal fitness level:

Very Satisfied Satisfied Sometimes Satisfied Not Satisfied

8. Specifically in regards to the distance in which you want to train... what is your goal? Where are you presently at? Please check as many of the following that apply to you. Thank you for your time!

If you have had a chance to read the group descriptions...please indicate in the right hand column what group you think you want to be in... please know – YES you CAN change groups at anytime!		
I want to walk 10 kilometers		
I want to run/walk 10 kilometers		
I want to run 10 kilometers		
I want to walk a 1/2 marathon		
I want to run/walk a 1/2 marathon		
I want to run a 1/2 marathon		
My personal Best 10k Time is:		
My personal Best 1/2 marathon times is:		
I am here for weight loss		
I am here to improve my overall health and fitness level		
I am here for the group environment		
I want to meet new friends and participate in a healthy activity		

Is there anything I have missed that you want to share with me?

Thank you for your time! Enjoy YOUR clinic! www.solesistersvictoria.com



PAR-Q & YOU

(A Questionnaire for People Aged 15 to 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 <u>and</u> 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 <u>any other reason</u> why you should not do physical activity?

If
you
answered

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.

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 _____

SIGNATURE OF PARENT _____

or GUARDIAN (for participants under the age of majority)

DATE _____

WITNESS _____

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.



PAR-Q & YOU

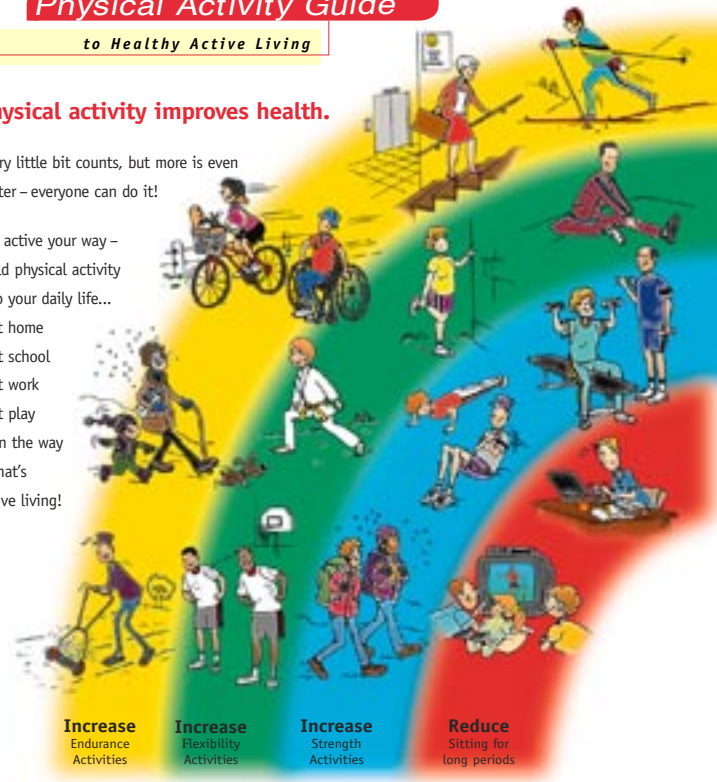
CANADA'S  **Physical Activity Guide**
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

Endurance
4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility
4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength
2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity: Health risks of inactivity:

- | | |
|--|--|
| <ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life | <ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer |
|--|--|



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Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. **J. Clin. Epidemiol.** 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). **Can. J. Spt. Sci.** 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

Disponible en français sous le titre «Questionnaire sur l'aptitude à l'activité physique - Q-AAP (révisé 2002)».



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