



Enw//Name: _____

Ebost//E-mail: _____

Dyddiad Geni//Date of Birth: _____

Enw cyswllt mewn argyfwng//Contact name in case of emergency:

Rhif ffôn y cyswllt//In case of emergency contact number:

Mae ymarfer corff yn ffordd da iawn o edrych ar ôl eich corff a'ch meddwl. Rhywbeth sydd yn ddiogel i rhan fwyaf o bobl. Dyma holiadur i gadarnhau hyn, ond efallai bydd angen cadarnhau ambell manylyn efo meddyg cyn mynd amdani.

Regular physical activity is a good way to look after the body and mind. Being more active is very safe for most people. Here is a questionnaire we ask you to complete before taking part as some people should check with their doctor before they start becoming much more physically active.

Darllenwch rhain yn ofalus ac atebwch mor onest a phosibl gyda IE neu NA

Please read the questions carefully and answer each one honestly: check YES or NO.

1. Ydi eich meddyg erioed wedi dweud eich bod efo clefyd ar eich calon, a dim ond i wneud ymarfer corff sydd wedi ei argymhell gan y meddyg? <i>Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?</i>	IE YES	NA NO
2. Ydych yn cael poenau yn y frest wrth wneud ymarfer corff? <i>Do you feel pain in your chest when you do physical activity?</i>	IE YES	NA NO
3. Ydych yn mynd yn benysgafn, neu colli cydbwysedd ar adegau? <i>Do you lose your balance because of dizziness or do you ever lose consciousness?</i>	IE YES	NA NO
4. Ydych yn dioddef â phroblemau esgyrn neu cymalau (e.e cefn, clun, penglin) a fuasai'n gallu gwaethygu wrth wneud ymarfer corff? <i>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?</i>	IE YES	NA NO
5. Ydych ar feddiginiaeth presgripsiwn (e.e tabledi dŵr) ar gyfer pwysedd gwaed uchel neu clefyd y galon? <i>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?</i>	IE YES	NA NO
6. Ydych yn ymwybodol o unrhyw reswm na ddylia chi wneud ymarfer corff? <i>Do you know of any other reason why you should not do physical activity?</i>	IE YES	NA NO

Os ydych wedi ateb IE iun neu ddau o'r cwestiynau uchod siaradwch efo meddyg CYN mynd ymlaen i wneud fwy o ymarfer corff.

If you answered YES to one or more questions:

*Talk with your doctor **BEFORE** you start becoming much more physically active.*

Os ydych wedi ateb NA i pob un cwestiwn, rydym yn eithaf sicr y fydd yn bosibl i chi ddechrau bod yn fwy actif – cychwynwch yn araf gan gynyddu y nifer o weithgareddau yn raddol.

If you answered NO to all 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.

GOHIRIO EICH CYNHYDD

Os nad ydych yn teimlo yn dda oherwydd salwch e.e annwyd neu clefyd gwresog – arhoswch tan eich bod yn teimlo'n well neu os ydych yn disgwyl – siaradwch efo meddyg cyn cynyddu eich gweithgareddau.

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.

NODWCH – Os oes unrhywbeth yn newid, siaradwch efo un ohona ni rhag ofn bod rhaid addasu unrhywbeth,

PLEASE NOTE: If your health changes, please inform one of us in case any adaptations will be required.

Rwyf wedi darllen, deall a chwblhau y holiadur hyd y gorau allai, ac yn ymwybodol bod rhaid dweud wrth un'ai Gwenith neu Rhodd am unrhyw newidiadau.

I have read, understood and completed this questionnaire the best I can, and will notify Gwenith or Rhodd if there are any changes.

Enw//Name

Llofnod//Signature

Dyddiad//Date
