



Name (Print)	Phone	
Age	Where did you hear about us?	
Email	Referral Person's name	
Address:		
Emergency Contact Name:		Phone:

Informed Consent for a Physical Fitness Programme

I understand that this physical fitness programme includes exercises to build the cardio respiratory system (heart & Lungs), the musculoskeletal system (muscular endurance, strength and flexibility/mobility and to improve body composition (decrease body fat in individuals needing to lose fat, with an increase in weight of muscle where desired). Exercise may include aerobic activities (treadmill, walking, running, bicycle riding, rowing machine exercises, group aerobic activity, swimming and other aerobic activities), callisthenic exercises and weight training to improve muscular strength and endurance and flexibility/mobility exercises to improve joint range of motion. I am also aware that outdoor training, should I engage in it, may entail risks not associated with indoor training due to uneven and un-predictable terrain. Should I choose not to wear footwear while training outdoors I do so entirely at my own risk and against the advice of my coach and I understand that this may be potentially dangerous/harmful.

I understand that the reaction of the heart, lungs and blood vessels cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart attacks. Use of the weight lifting equipment and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression and safety procedures are not followed. I understand that the Personal Trainer/Trainer/Coach (seller) shall not be liable for any damages arising from personal injuries sustained by client (buyer) while and during the personal training programme/class/coaching session. Client (buyer) using the exercise equipment during the personal training program/class/gym indoor/outdoor session does so at his/her own risk. Client (buyer) assumes full responsibility for any injuries or damages which may occur during the training session. ***I hereby fully and forever release and discharge the LifeFit PT/Gym Trainer/S&C Coach (seller) its assigns and agents from all claims, demands, damages and rights of action present and future therein.***

I understand and warrant release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to heart, safety or comfort or my physical condition if I engage or participate in the class/session (other than those items fully discussed on the health history form). I state that I have has a recent physical check-up and have my personal physician's permission to engage in aerobic and/or anaerobic conditioning and weight training exercises.

I have read the foregoing information and understand it. Any questions that may have occurred to me have been answered to my satisfaction.

Signature of Client (Buyer) _____ Date _____

Signature of Trainer (Seller) _____ Date _____