

Agreement of Release and Waiver of Liability – Personal Training

I, _____, hereby agree to the following

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or healthcare provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. Mild soreness after exercise may be experienced after beginning a new exercise. Contact your physician if the soreness does not improve after 3-5 days.

Steps to Health offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid, or delay obtaining medical or health related advice from your health-care professional because of something we may have mentioned. Developments in medical research may impact the health, fitness and nutritional advice we as trainers share. No assurance can be given that what we advise will always include the most recent findings or developments with respect to the particular materials.

If you are in the United States and think you are having a medical or health emergency, call your healthcare professional, or 911, immediately.

CANCELLATION POLICY

Clients are asked to call 12 hours in advance of the scheduled training session. You will be charged for appointments cancelled with fewer than 24 hours' notice. This is to ensure other clients a space when available and to help Steps to Health be able to accommodate all clients when there is availability. Thank you for understanding!

Print Name _____

Signature _____ Date _____