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CONSENT FOR EXERCISE PROGRAM

Exercise Objectives: The purpose of an exercise program is to develop and maintain cardio respiratory (aerobic) fitness, muscular strength and endurance, body composition, and flexibility. These recommendations follow industry standards and should be conducted under the supervision of a trainer with a minimum of a national certification.

Procedures: A structured exercise program based on individual needs (obtained fitness, biomechanical and postural assessment information), interests, and/or physician's recommendations will be given to each participant. Exercises may include aerobic activities, functional exercise and weight lifting to improve muscular strength, endurance, flexibility, posture and biomechanical issues. All aerobic programs involve a warm-up, exercise at target heart rate, and cool-down components and follow The American College of Sports Medicine's recommendations.

Potential Risks: All exercise programs/ testing are designed to gradually increase work load on the cardio-respiratory and musculoskeletal systems in order to effect improvements. The body's reaction to gradually increasing exercise activities cannot be predicted with complete accuracy. Unusual changes during or following an exercise session may occur. These may include muscular or joint injury, abnormal blood pressure, fainting, disorders of heart beat, and/or very rare instances of heart attack or death.

Potential Benefits: Benefits obtained from a structured and regularly employed exercise program might include a more efficient cardio respiratory system, an improved musculoskeletal system, a decrease in body fat, a decrease in blood fats, an improvement in psychological function, and a decrease in the risk of heart and other diseases.

Supervision: Rachel Webster Personal Fitness is not responsible for injuries and/or damages that occur when the individual(s) are not supervised by your trainer.

Confidentiality: All participant exercise program information will be treated as privileged and confidential and will not be revealed to any person (other than your trainer involved in the participant's exercise program) without expressed written consent. Obtained information, however, may be used for statistical or scientific purposes with right to privacy retained.

Inquiry and Freedom of Consent: I have read the foregoing and I understand the objectives, procedures, potential risks and benefits, supervision issues, and confidentiality involved. Unless otherwise indicated under the "comments" section below, I certify that I am in good health and have no condition that would limit/prohibit my participation in a structured exercise program. I understand that if there are any questions about the procedures or methods used during an exercise session, I should ask my trainer. I realize that injury may result from improper exercise techniques or misuse of equipment. I agree to be attentive to all instructions given to me and to exercise and use equipment correctly. I assume responsibility for monitoring my own condition throughout the exercise program and should any unusual symptom(s) occur, I will cease my participation and inform my trainer. **I shall also notify my trainer of any changes in my medical status.** I consent to the administration of any immediate resuscitation measures deemed advisable by my trainer or other qualified personnel. I understand that I may be required to complete health history forms annually and that my trainer may contact my doctor for consent.

Questions/ Comments: _____

I have read and understand the above information and voluntarily consent to participate in a structured exercise program. I realize that I am free to terminate the exercise program at any time.

Printed Name X _____

Signature X _____ **Date:** _____

Witness: X _____ **Date:** _____