



Informed Consent Form

Name: _____
Address: _____

Tel/Home: _____
Tel/Work: _____

INCASE OF EMERGENCY CONTACT: _____ Phone: _____

GENERAL STATEMENT OF PROGRAM OBJECTIVES AND PROCEDURES:

I UNDERSTAND THAT THIS PHYSICAL FITNESS PROGRAM INCLUDES EXERCISES TO BUILD THE CARDIORESPIRATORY SYSTEM (HEART AND LUNGS), THE MUSCULOSKELETAL SYSTEM (MUSCLE ENDURANCE, STRENGTH AND FLEXIBILITY), AND TO IMPROVE BODY COMPOSITION (DECREASE IN BODY FAT FOR INDIVIDUALS NEEDING TO LOSE FAT WITH AN INCREASE IN WEIGHT OF MUSCLE AND BONE). EXERCISE MAY INCLUDE AEROBIC ACTIVITIES (TREADMILL, HPL PERFORMANCE BAND RUNNING STATIONS, WALKING, RUNNING, GROUP AEROBIC ACTIVITIES AND OTHER ACTIVITIES OF SIMILAR NATURE), CALISTHENIC EXERCISES, AND WEIGHT BEARING TO IMPROVE MUSCULAR STRENGTH AND ENDURANCE, AND FLEXIBILITY EXERCISES TO IMPROVE JOINT RANGE OF MOTION.

DESCRIPTION OF POTENTIAL RISKS:

I UNDERSTAND THAT THE REACTION OF THE HEART, LUNG AND BLOOD VESSEL SYSTEM TO EXERCISE CANNOT ALWAYS BE PREDICTED WITH SPECIFIC 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 TRAINING 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 HUMAN POTENTIAL LABORATORIES AND ALL EMPLOYED OR AFFILIATES SHALL NOT BE LIABLE FOR ANY DAMAGES ARISING FROM PERSONAL INJURIES SUSTAINED BY BUYER WHILE AND DURING THE PERSONAL TRAINING PROGRAM. BUYER USING THE EXERCISE EQUIPMENT DURING THE PERSONAL TRAINING PROGRAM DOES SO AT HIS/HER OWN RISK. BUYER ASSUMES FULL RESPONSIBILITY FOR ANY INJURIES AND DAMAGES THAT MAY OCCUR DURING THE TRAINING.

I HERBY FULLY AND FOREVER RELEASE AND DISCHARGE HUMAN POTENTIAL LABORATORIES AND ALL EMPLOYED OR AFFILIATED, IT'S ASSIGNS AND AGENTS FROM ALL CLAIMS, DEMANDS, RIGHTS OF ACTION, PRESENT AND FUTURE THEREIN.

I UNDERSTAND AND WARRANT, REAFFIRM 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 PHYSICAL CONDITION IF I ENGAGE OR PARTICIPATE (OTHER THAN THOSE ITEMS FULLY DISCUSSED ON HEALTH HISTORY FORMS).

I STATE THAT I HAVE HAD A RECENT PHYSICAL CHECKUP AND HAVE MY PERSONAL PHYSICIAN'S PERMISSION TO ENGAGE IN AEROBIC AND OR ANAEROBIC CONDITIONING.

DESCRIPTION OF POTENTIAL BENEFITS:

I UNDERSTAND THAT PROGRAM OF REGULAR EXERCISE FOR THE HEART, LUNGS, MUSCLES AND JOINTS HAS MANY BENEFITS ASSOCIATED WITH IT. THESE MAY INCLUDE A DECREASE IN BODY FAT, IMPROVEMENT IN BLOOD FATS AND BLOOD PRESSURE, IMPROVEMENT IN PHYSIOLOGICAL FUNCTION, AND DECREASE IN RISK IN HEART DISEASE.

I HAVE READ THE FOREGOING INFORMATION AND UNDERSTAND IT. ANY QUESTIONS WHICH MAY HAVE OCCURRED TO ME HAVE BEEN ANSWERED TO MY SATISFACTION.

SIGNATURE OF PARTICIPANT: _____ DATE: _____
SIGNATURE OF WITNESS: _____ DATE: _____