INFORMED CONSENT FOR PARTICIPATION
IN A HEALTH AND FITNESS TRAINING PROGRAM

NAME: _____________________________ DATE: __________________

1. PURPOSE AND EXPLANATION OF PROCEDURE

   I hereby consent to voluntarily engage in an acceptable plan of personal fitness
   training and education. I also give consent to be placed in personal fitness training
   and education program activities which are recommended to me for improvement
   of dietary counseling, stress management, and health/fitness education activities.
   The levels of exercise I perform will be based upon my cardiorespiratory (heart and
   lungs) and muscular fitness. I understand that I may be required to undergo exercise
   tests and practical demonstrations as part of the training course.

   A professionally trained exercise physiologist or fitness leader will provide
   leadership to direct my activities, monitor my performance, and otherwise evaluate
   my effort. Depending upon my health status, I may or may not be required to have
   my blood pressure and heart rate evaluated during these sessions to regulate my
   exercise within desired limits. I understand that I am expected to attend every
   session and to follow staff instructions with regard to exercise, stress management,
   and other health and fitness regarded programs. If I am taking prescribed
   medications, I have already so informed the program staff and further agree to so
   inform them promptly of any changes which my doctor or I have made with regard
   to use of these. I will be given the opportunity for periodic assessment and
   evaluation at regular intervals after the start of the program.

   I have been informed that during my participation in the above described
   personal fitness training and education program, I will be asked to complete the
   physical activities unless symptoms such as fatigue, shortness of breath, chest
   discomfort or similar occurrences appear. At this point, I have been advised that it is
   my complete right to decrease or stop exercise and that it is my obligation to inform
   the personal fitness training program personnel of my symptoms, should any
   develop.

   I understand that during the performance of exercise, a personal fitness trainer
   will periodically monitor my performance and, perhaps measuring my pulse, blood
   pressure, or assess my feelings of effort for the purposes of monitoring my progress.
   I also understand that the personal fitness trainer may reduce or stop my exercise
   program when any of these findings so indicate that this should be done for my
   safety and benefit.

   I also understand that during the performance of my personal fitness training
   program physical touching and positioning of my body may be necessary to assess
my muscular and bodily reactions to specific exercises, as well as to ensure that I am using proper technique and body alignment. I expressly consent to the physical contact for the stated reasons above.

2. **RISKS**

   It is my understanding and I have been informed that there exists the remote possibility during exercise of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to, injuries to the muscles, ligaments, tendons, and joints of the body. Every effort, I have been told, will be made to minimize these occurrences by proper staff assessments of my condition before each personal fitness training session, staff supervision during exercise and by my own careful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heart attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated.

3. **BENEFITS TO BE EXPECTED AND ALTERNATIVES AVAILABLE TO EXERCISE**

   I understand that this program may or may not benefit my physical fitness or general health. I recognize that involvement in the personal fitness training sessions will allow me to learn proper ways to perform conditioning exercises, use fitness equipment and regulate physical effort. These experiences should benefit me by indicating how my physical limitations may affect my ability to perform various physical activities. I further understand that if I closely follow the program instructions, that I will likely improve my exercise capacity and fitness level after a period of 3-6 months.

4. **CONFIDENTIALITY AND USE OF INFORMATION**

   I have been informed that the information which is obtained in this personal fitness training program will be treated as privileged and confidential and will consequently not be released or revealed to any person, to the use of any information which is not personally identifiable with me for research and statistical purposes so long as same does not identify my person or provide facts which could lead to my identification. Any other information obtained, however, will be used only by the program staff to evaluate my exercise status or needs.

5. **INQUIRIES AND FREEDOM OF CONSENT**

   I have been given an opportunity to ask questions as to the procedures.
I have read this Informed Consent form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant’s Signature
____________________________________________________________

Participant’s Name (Printed)
____________________________________________________________

Witness’s Signature ___________________________ Date: ____________