

INFORMED CONSENT

I voluntarily consent to participate in a supervised exercise program through LifeSport Fitness, LLC.

It has been suggested to me by a representative of LifeSport Fitness that I seek medical clearance before beginning this or any exercise program.

I understand that the activities I will engage in are designed to place a gradually increasing workload on my cardiovascular system. The reaction of the cardiorespiratory system to exercise activities can't always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes might include, but are not limited to, abnormalities in my heart rate, blood pressure or breathing. I understand that I am responsible for monitoring my own condition throughout the exercise class and should any unusual symptoms occur, I will stop my participation and inform the instructor

I understand that the activities I will engage in are also designed to place a gradually increasing workload on my musculoskeletal system. My program may consist of flexibility and strength exercises (including weight lifting, rubber band exercises, and abdominal exercises) and endurance activity (such as walking, jogging, bench stepping, and rope skipping as tolerated). I do not have any musculoskeletal problems that would preclude me from participating in the aforementioned activities.

I have been made aware that there are inherent risks to outdoor exercise activity largely uncontrollable by LifeSport Fitness and its representatives. These risks include, but are not limited to: changing road conditions (fast cars, pot holes, branches and other tree debris), exhaust fumes, unleashed animals, slick pavement, slippery or uneven grass and inclement weather. I understand that I have the right to terminate an outdoor session if I feel the conditions are unsafe. I understand that my trainer has the right to do so as well, and will exercise this right when conditions deem it necessary.

In signing this consent form, I affirm that I have read this form in its entirety and that I understand the nature of the exercise program. I also affirm that my questions regarding the exercise program have been answered to my satisfaction.

I agree to assume the risk of participating in a LifeSport Fitness exercise program. I agree to hold harmless LifeSport Fitness and its staff members conducting the exercise program from any and all claims, suits, losses, or related causes of action for damages, including but not limited to, such claims that may result from my injury or death, accidental or otherwise, during, or arising in any way from the exercise program.

Name: _____

Signature _____

Date: _____