

Client Name: _____

2009WOL

Waiver of Liability, Informed Consent & Indemnification Agreement
This is an important document. Please read & understand.

"I, _____(initial), have voluntarily enrolled in a designed program of mild to strenuous physical activity including, *but not limited to*, aerobic training, weight training, flexibility training, bicycling, walking, the use of various aerobic & strength conditioning machinery. I hereby affirm I am either in good physical condition & do not suffer from any disability, impairment, disease, infirmity, or other illness that would prevent or limit my participation or have been specifically prescribed mild to strenuous physical activity, including all modalities listed above, by my healthcare provider." Please Initial_____

"I, _____ (initial), understand aerobic, strength, & flexibility exercise, including the use of equipment, is a potentially hazardous activity. I fully understand I may possibly injure myself as a result of my participation in any exercise program designed by Sarah Peskin. Risks include, *but are not limited to* heart attacks, muscle strains, pulls or tears, broken bones, shin splints, shoulder impingement, heat prostration, knee/back/hip/ankle/foot injuries, & any other illness, soreness, or injury, however caused, occurring during or after my participation in the exercise program." Please Initial_____

"In consideration my participation in any exercise program designed by Sarah Peskin, I, _____ (initial), for myself, my heirs, & assigns, hereby release Sarah Peskin, her employees, family, & any others acting on her behalf, from any claims, demands, &/or causes of action arising from my participation in the exercise program, including, *but not limited to*, injury or damage to myself or others by negligent act or omission." Please Initial_____

I hereby affirm I have read & understand the above agreement.

Participant / Legal Guardian Signature

Date





