



## *Personal Training Release and Consent*

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You will be placed on an exercise program. As part of the program, you will be given specific instructions regarding the amount and types of exercise you should perform. Your exercise sessions may be adjusted.

To gain benefits, you must give priority to attendance and adherence to prescribed amounts of intensity, duration, frequency, progression and types of activity. You are the best judge as to how your body feels and can estimate to best amount of intensity. The program designed for you and the results that follow are based on your participation.

This document is a release. By signing it you:

1. Acknowledge that injury may result from performing any exercise routines or similar strenuous activity.
2. Have no condition, which would prevent you from engaging in such activities or which would make such activities dangerous, harmful or inadvisable.
3. That you have, to the extent of which you deem necessary, been advised by a medical doctor, and are cleared for exercise.
4. Agree that Eve Pearson shall not be liable or responsible for any injury or harm as a consequence of participating.
5. Acknowledge that sessions will last approximately 55 minutes.
6. Will adhere to the 24 hour advance notice cancellation policy. I will notify Eve 24 hours in advance if I should have to cancel or reschedule an appointment. Otherwise, I understand I am forfeiting that session.

**I have carefully read, understand and agree to the above release.**

Client Name (print) \_\_\_\_\_

Client Signature \_\_\_\_\_

Date: \_\_\_\_\_