



Live Well Personal Training & Fitness

livewellpt90@gmail.com

www.wecanlivewell.com

512-663-7040

Katie E. Rhoades, owner

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Medical/Health:** Do you have any of the following?

|                     |        |             |        |                     |        |
|---------------------|--------|-------------|--------|---------------------|--------|
| Heart Problems      | Y or N | Asthma      | Y or N | Arthritis           | Y or N |
| Existing Injuries   | Y or N | Chest Pains | Y or N | Currently pregnant? | Y or N |
| High Blood Pressure | Y or N | Back Pains  | Y or N | Do you smoke?       | Y or N |

If yes to any of the above, please explain:

\_\_\_\_\_

Are you taking any medications: Y or N Please list: \_\_\_\_\_

Recent surgeries w/in the last six months: \_\_\_\_\_

What is your current exercise level: (Please circle)    Beginner    Occasional    Seasoned

Emergency Contact Name & Phone: \_\_\_\_\_

**CERTIFICATION AND RELEASE OF LIABILITY:**

I do hereby waive, release in full and forever discharge Live Well Personal Training & Fitness and its officers, agents, employees, contractors, representatives, executors, and all others, whether acting within the scope of their employment or otherwise, on behalf of myself, my heirs, executors, assigns, administrators or personal representatives from any and all claims, responsibilities, or liability from injury or damages resulting from my participation in any activities, or my use of equipment in the activities. I do also hereby release all of those mentioned, and any others acting upon their behalf, from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, or in any way arising out of or connected with my participation in any activities, programs, or services of Live Well Personal Training & Fitness or the use of any equipment at various sites, including my home, provided by and/or recommended by Live Well Personal Training & Fitness.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using

equipment and machinery with knowledge of the dangers involved. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation or use of equipment or machinery except as hereinafter stated. I do hereby acknowledge that I have been informed of the need for a physician's approval for participation in an exercise/fitness activity or in the use of exercise equipment and machinery. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities. I acknowledge that I have given my authorization to receive medical attention in case of injury or an emergency. I understand that I may bring my own exercise equipment at my own risk.

I acknowledge and give my permission to Live Well Personal Training and Fitness to use photographs to promote its Fitness Programs. I understand that classes are subject to change without notice, but every effort will be expended to notify participant. I understand that payments are due on the 1<sup>st</sup> of each month. Registration is on-going and pro-rated invoices are available. I understand that there are no refunds or transfers. I certify that I have the legal authority to execute this release on behalf of myself. I also certify that I have received and read this registration from completely.

I, the undersigned, certify that I am 18 years or above and participating in the Fitness Program. I understand that falsification of any information on this form may disqualify me from this program.

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Signature of Participant

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Date