



1609 N. Coalter Street
Staunton, VA 24401
540-294-0221

INFORMED CONSENT

Fitness testing and exercise programs have certain inherent risks and dangers which cannot be predicted with certainty. These risks and dangers include, but are not limited to, injuries to the heart and vascular system, injuries to muscles, ligaments, and tendons, pulmonary problems, falls, fainting, dehydration, overheating and complications that may follow, including serious permanent injury and possibly death.

It is the responsibility of the participant to obtain, prior to participation in any testing or exercise, medical clearance for any medical condition or abnormality which may affect the program and to provide the trainer with a report from the physician as to any limitations on the participant's activities.

It is the responsibility of the participant to update the trainer with any changes in his or her limitations.

It is also the responsibility of the participant to, at all times, monitor his or her own condition and immediately report to the trainer any unusual symptoms or difficulties.

Unless the trainer receives a doctor's report setting forth any limitations, the trainer will assume that the standard fitness testing may be given without modification and that any exercise program may be used based on the test results.

The fitness testing and/or exercise programs for which the participant has applied are described as follows:

Fitness Testing: The purpose of the fitness testing program is to evaluate cardio respiratory fitness, body composition, flexibility, and muscular strength and endurance.

The cardio respiratory fitness test involves a sub maximal test that may include a bench step test, a cycle ergo meter test, or a 1 mile walk/run for best time test. Body composition is analyzed by taking several skin fold measures to calculate percentage of body fat and/or girth measurements of the chest, waist, hips, thigh, and biceps. Flexibility is determined by the sit and reach test. Muscular strength and upper body endurance may be evaluated by the 1 minute bent knee sit up, pushup test, and/or the bench press test.

Exercise Programs: The purpose of the exercise programs is to develop and maintain cardio respiratory fitness, body composition, flexibility, and muscular strength and endurance. A specific exercise plan will be given to the participant based on needs and interests and your recommendations. All exercise programs include warm up, exercise at target heart rate, and cool down (except for muscular strength and endurance training, in which target heart rate is not a factor). The programs may involve walking, jogging, swimming, or cycling (outdoor and stationary); participation in exercise fitness, rhythmic aerobic exercise, or choreographed fitness classes; or calisthenics or strength training. All programs are designed to place a gradually increasing workload on the body in order to improve overall fitness and muscular strength. The rate of progression is regulated by

exercise target heart rate and/or perceived effort of exercise.

I have carefully read this consent form and understand the nature of the testing and exercise programs and the risk of serious injury and death that may result. I assume such risk knowingly and voluntarily.

I agree to hold harmless Jolene M. Swann from any and all claims, actions, causes of action, demands, damages, expenses, compensation and any and all consequential damages, seen or unforeseen, as a result of my participation in the fitness testing and/or exercise program.

After consultation with my physician (or choosing not to do so), I advise you that:

_____ I have no medical limitations.

_____ A copy of my limitations is attached to this consent form.

Participant

Date