

Personal Training Informed Consent Form

Welcome to your Personal Training Fitness Program. Before we begin, we would like to inform you about the purpose, risks, and benefits of the program. This will help you understand more about the personal training as we run through these details including your rights and responsibilities in order for you to reap the full benefits of the program.

PURPOSE

This personal fitness training program is recommended for the improvement of one's physical fitness through a form of physical and cardiovascular exercises. This includes the improvement of dietary intake, stress management, and overall health management.

You will be given exercise programs and instructions that are suited for your physical body and you will have a physical fitness trainer to monitor your progress. After every session, you will be assessed after you provide your evaluation of your activity in order to monitor your progress. Your blood pressure, pulse rate, among others, may be taken for progress monitoring.

Physical touching may be required in order for you to have proper positioning and technique for your body and/or to assess your body's reactions to certain activities. In case you are taking any medications, please let us know right away.

RISKS

There are chances that during the period of work-out, adverse changes might occur such as dizziness or fainting. These might be due to an abnormal increase in blood pressure. In rare instances, it may lead to a heart attack or stroke which may be a cause of death. Sometimes, injuries during participation of the exercise programs might happen that may involve the joints, ligaments, muscles, and tendons. It shall be your responsibility to ensure the prevention of these during the workout. You do not need to push hard if your body cannot make it through yet. Take time and let the progress come in time, gradually.

BENEFITS

Joining the program helps you know the correct posture for your exercises and will help quantify your progress. You can learn and understand more about the science of your physical health as well and how to utilize these effectively.

We use top of the line fitness equipment that will help identify the areas that need attention and for proper conditioning. Religiously follow the program and you will see the benefits within the period of at least 3 months.

CONFIDENTIALITY

Your privacy is important to us. All information we obtain from you before, during, and after the fitness training program shall be kept confidential and will not be released to anyone without your prior written consent. However, we may use data that does not personally identify you for statistical purposes.

QUESTIONS

If you have questions or concerns, please let us know by reaching out to us via phone at 410-498-8978, or via email at info@shore-fit.com.

By filling out and signing this form, I hereby declare that I have read the information above and voluntarily participate in this personal training fitness program.

I understand the risks and benefits of these physical activities as well as my right to privacy. I also have had the opportunity to ask relative questions concerning the program and all of which were explained to me and to my satisfaction.

Participant _____

Printed Name

Signature

Date