

Jessica's Fitness Services WAIVER AND RELEASE OF LIABILITY

Please read this document carefully. By signing this Waiver and Release of Liability, you will waive certain legal rights, including the right to sue.

I, _____, acknowledge that my participation in Jessica Winnemuller's program that:

I waive, release and forever discharge Jessica and its officers, agents, representatives, employees, volunteers and all others from any and all responsibility or liability for injuries, damages, loss, expense or even death resulting from my participation in any activities in the said program caused solely or partly by negligence.

I acknowledge that the existence of risks in connection with these activities include, but are not limited to: muscle, tendon, ligament, bone, or joint soreness, sprain, strain, tear, bruising, breaks, cuts, fractures, dislocation or any other injury associated with physical activity.

I acknowledge that activities performed can take place indoors as well as outdoors and risks include but are not limited to those caused by terrain, wildlife encounter, temperature, weather conditions, equipment, lack of hydration, my physical condition and the actions of others.

I acknowledge that participating in said program may include: shortness of breath, dizziness, fainting, unconsciousness, tightness in chest, fatigue, sweating, dehydration, heart attack, stroke or even death or any other abnormal cardiovascular or respiratory condition associated with physical activity.

I acknowledge and understand the risks associated with this program and agree that the terms of this Waiver and Release of Liability need not be brought to my attention each time I participate in such programs in order to be effective.

I acknowledge that this Waiver and Release of Liability are binding on my heirs, executors, my administrators, personal representatives, assigns and myself.

I acknowledge that I have fully read this agreement in its entirety and fully understand that it is a release of liability.

I acknowledge and agree that if I do not completely understand this Waiver and Release of Liability, it is my responsibility to ask for clarification prior to signing.

Participant: _____ **Signature:** _____

Witness: _____ **Signature:** _____

Date: _____