



Health & Fitness Waiver/ Informed Consent Form

Every participant is required to complete the below release form prior to participation in any TONED: TRAINING BY JANET fitness programs with TONED: TRAINING BY JANET Trainers. You will need to complete this release once- The Toned: Training by Janet Trainers will keep a file with all completed release forms on hand

"I, _____, am participating in TONED: TRAINING BY JANET fitness program. I recognize that this program may involve strenuous physical activity including, but not limited to, cardiovascular conditioning and interval training, muscle strength and endurance training, and other various fitness activities.

I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my present and subsequent participation is purely voluntary and in no way mandated by TONED: TRAINING BY JANET Trainers or this program."

"In consideration of my participation in this program, I hereby release TONED: TRAINING BY JANET, its training staff, and Booth's Corner Realty Corp, from any claims, demands, and causes of action as a result of my voluntary participation or enrollment."

" I fully understand that I may injure myself as a result of my enrollment or subsequent participation in this program and I hereby release TONED: TRAINING BY JANET and Booth's Corner Realty Corp from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to; heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur."

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

Any person who participates in TONED: TRAINING BY JANET activities or services provided by TONED: TRAINING BY JANET shall do so at his/her own risk. He or she shall assume all risk involved, including but not limited to all loss or stolen property, cost, claim, injury, death, damage or liability sustained while participating.

I hereby give TONED: TRAINING BY JANET assigns, licenses, and legal representatives the irrevocable right to use my image in all forms and media and in all manners, including composite or distorted representations, for advertising, trade, or any other lawful purposes, including written copy that may be created in connection therewith.

_____ (Printed Name)

_____ (Participant Signature)

_____ (DATE) _____ (EMAIL ADDRESS)

This Liability Waiver covers the duration of your commitment either by drop in status, as a class member or as a personal training client.