

# INFORMED CONSENT

**The purpose of an exercise programme is to help you achieve health and fitness goals.**

The programme will be based upon your present activity/exercise level and the goals that you wish to achieve. You will experience some feelings of exertion during each activity session and will become hot and uncomfortable at times. If your plan includes certain types of cardio-vascular exercise. Your breathing and heart rate will increase as a result of these activities as would be expected from physical exercise of this type. As your fitness improves, you will participate in more vigorous levels of activity if this is part of your goal, but these will be within your capabilities.

All activities will be explained and demonstrated but please feel free to ask questions about anything you wish.

Any exercise programme carries with it an element of risk. The sessions will be designed to minimise the risks whilst providing an effective exercise/activity intensity. Please inform the instructor if, for any reason (such as illness or injury which might be aggravated by exercise, or eating certain foods), you should not participate in an activity.

If at any time, you feel undue pain or excessive discomfort, stop the activity and inform your trainer of your symptoms, You are free to withdraw from any activity at any time you wish.

I agree to take part in the programme described to me by the instructor. The nature, purpose, risks and benefits have been explained to me and I understand what is required of me and that I may withdraw at any time.

Client Name  
(PRINT)

Client

Signature

Date

Witness Name  
(PRINT)

Witness

Signature

Date

Informed Consent Form