



Waiver and Informed Consent

1. Assumption of Risk

I understand that there are inherent risks involved with physical activity. I understand that *Kevin R. Burgess – Total Human Performance LLC* cannot guarantee an injury or pain free experience. Furthermore, **I understand that exercise induces cardiovascular stress and that there is always a chance of acute or severe injuries including, but not limited to, cardiovascular accidents, stroke, heart attack, death, paralysis, bruises, scrapes, fractures, sprains, strains, dizziness, and discomfort in breathing.**

By signing this consent form I understand that I assume all risks and I am personally responsible for all of my actions in the exercise program.

I hereby certify that I know of no medical problem (except those indicated below) that would increase my risk of illness and injury as a result of participation in a regular exercise program:

Known medical issues: _____

2. Participant Acknowledgements (please initial each)

- _____ I am voluntarily participating in the physical fitness and/or health coaching program.
- _____ I understand the potential risks involved in physical activity.
- _____ I understand that positive physiological adaptations can occur in a regular program of physical activity including improved cardiovascular efficiency, increased muscular strength, flexibility, power, and endurance, while all results are a priority, they are not guaranteed.
- _____ I understand that physical touching may be necessary to teach safe and proper form with all exercises.
- _____ I will cease activity and inform the personal trainer/health coach of any perceived or suspected injury from the exercise.
- _____ I am in acceptable condition and pose no limitations for activity unless listed above.

Total Human Performance LLC occasionally takes photos of its participants for its Website, Facebook, Twitter, promotional material, press release, and other forms of public display.

Do you allow Total Human Performance LLC to use images of yourself? YES ___ NO ___

3. Waiver and Release of Liability (please initial each)

- _____ I understand that I assume all risks and I am personally responsible for all of my actions in the exercise program.
- _____ I do hereby release *Kevin R. Burgess-Total Human Performance LLC*, of all liability related to injuries or accidents which may occur with participation and/or use of exercise equipment in this exercise program.

4. Confidentiality and Use of Information

Information obtained in this fitness training program is treated as privileged and confidential and no personally identifiable information will be released or revealed to any person without my express written consent.

Participant Signature: _____ Date: _____

Print Name: _____ Date: _____