



## INFORMED CONSENT / WAIVER OF LIABILITY

I, \_\_\_\_\_ desire to voluntarily participate in a four to six week exercise program called Workout On The Hill, designed by nationally certified expert trainers and/or licensed health professionals in the state of California in order to improve my level of physical fitness.

### **EXPLANATION OF THE EXERCISE SESSIONS**

The exercise sessions I will become involved in will follow progressive exercise levels and will be regulated by Elaine Williams, MA, NPTI; Ross Steiner, NASM; Vince Brown, LAc.; and Carey Rockland, MA, CSCS, NPTI. The sessions will consist of aerobic type activities (rhythmical exercises which utilize large muscle groups for sustained periods of time) such as walking, jogging, running, jumping, hopping, and circuit interval training, as well as, other similar activities. These exercise activities are designed to place a gradually increasing work load on the body and thereby improve its functioning. Although no guarantee of improvement can be made, results will occur best and fastest on a three time per week basis, and the minimum time a trainer will work with me is twice per week. During the exercise sessions I may experience local muscular soreness and slight fatigue. These minor discomforts may appear in the early stages of the program however, as the conditioning process continues with regular attendance in the exercise sessions, they should disappear.

### **RISKS AND DISCOMFORTS OF THE EXERCISE SESSIONS**

The reaction of the cardiovascular system to such activities cannot always be predicted with complete accuracy. Therefore, there is the risk of certain changes occurring during or following the exercises. These changes include abnormalities of the blood pressure or heart rate, and in rare instances, cardiac complications. If I observe any adverse signs or symptoms they should be reported immediately and appropriate modification in the exercise regimens will take place. Every effort will be made to avoid any adverse reactions by the entrance interview, and by the observations during the exercise sessions. Elaine Williams, Ross Steiner, Vince Brown and Carey Rockland are trained in emergency first aid and are able to deal with and minimize the risk of unexpected events, should they occur.

### **INQUIRIES**

Before signing this form, please feel free to ask any questions regarding any aspect of this program that may be unclear to you. **There will be no refunds.** Take as much time as necessary to think it over and if you wish, you may discuss your participation with your doctor.

I have read the above and do consent to participate in the exercise sessions, called Workout on the Hill.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_