



Training Agreement and Informed Consent

This form is an important legal document. It explains the type and styles of activity you as a participating client could be doing as you undertake an exercise and lifestyle change programme. It also explains that for some individuals, physical activity is difficult, can be strenuous, and that you may feel discomfort during and afterwards.

By signing the form below, you agree to participate in an exercise/lifestyle change programme, which may include physical activity. The programme be based on your goals and current fitness levels and will involve physical exertion, leading to increases in heart rate, breathing and temperature amongst others. All exercise and lifestyle changes provided will be designed based on your capabilities.

All exercise brings with it a small element of risk and as such, you should understand that at any time, if you feel unwell or are unhappy with the type or nature of exercise, you should inform the trainer of this fact who will adapt it to accommodate your needs.

In the days following exercise, you may feel tired and experience muscle soreness. These are normal responses to physical exertion, but should you feel uncomfortable with the level of this discomfort, please inform the trainer and they will adapt your programme to ensure it is suitable in future.

Before taking part in exercise sessions with your trainer, please inform them of:

- your eating and drinking habits leading up the session
- how you feel on the day, for example any aches, pains, muscle soreness from exercise, tiredness form lack of sleep, and current stress levels
- any illnesses or injuries regardless how minor you feel they are

Should you feel unwell or experience pain or excessive discomfort during a session you must inform the trainer immediately. Remember you are free to withdraw from any activity at any time you wish.

I agree to take part in the lifestyle and exercise programme provided. I am happy that the nature, risks and benefits have been explained to me and I understand my obligations and that I can withdraw at any time.

Name:

Date:

To be completed by the Fitness Professional

I have discussed with my client the possible risks and benefits of the exercise and lifestyle programme and explained that they can raise concerns or questions at any time.

Name:

Date: