



Fitness on the Run
Balancing fitness with a busy lifestyle

DISCLAIMER FORM

ALL FORMS OF EXERCISE ARE STRESSFUL TO YOUR BODY!

*** IF THE STRESS IS INSUFFICIENT, YOU WON'T HURT YOURSELF, NOR WILL YOU IMPROVE YOUR FITNESS LEVELS**

*** IF THE STRESS IS EXCESSIVE, YOU MAY BECOME INJURED**

*** IF THE STRESS IS OPTIMAL, YOU WILL IMPROVE YOUR FITNESS LEVELS WITHOUT INCURRING DAMAGE TO YOUR BODY**

THEREFORE:

*** IF YOU KNOW OR SUSPECT THAT YOU HAVE AN INJURY OR HEALTH CONDITION, IT IS YOUR RESPONSIBILITY TO SEEK QUALIFIED MEDICAL SUPERVISION & CLEARANCE BEFORE INITIATING ANY EXERCISE PROGRAM!**

*** IF AN EXERCISE CAUSES PAIN AND/OR SWELLING, DISCONTINUE IMMEDIATELY AND CONSULT QUALIFIED MEDICAL SUPERVISION FOR DIAGNOSIS & TREATMENT.**

*** ALWAYS INSPECT EXERCISE EQUIPMENT AND FACILITIES FOR SAFETY BEFORE USE. REPORT DAMAGED EQUIPMENT TO FITNESS ON THE RUN STAFF WHERE APPLICABLE.**

*** FITNESS ON THE RUN WILL TAKE EVERY POSSIBLE PRECAUTION TO ENSURE YOUR SAFETY, HOWEVER, ULTIMATELY YOU ARE RESPONSIBLE FOR YOUR OWN WELL-BEING. IF IN DOUBT, ERR ON THE SIDE OF CAUTION.**

*** FINALLY, IF YOU EVER FEEL LIKE YOU'RE ON THE VERGE OF INJURY ON ANY PARTICULAR EXERCISES, BE SAFE AND USE SOME GOOD DECISION-MAKING. TELL THE TRAINER!**

Client Signature

Date

Client Print Name