

Force Physiques **Boot Camp**

Informed Consent

For Participation in an Exercise Program for Apparently Healthy Adults

Explanation of Exercise Program

The exercise in which you will become involved in Force Physiques Boot Camp will follow progressive exercise levels and will be supervised by an instructor. You may perform exercise using your own body weight, free weights, and other exercise equipment. Exercise intensity will begin at a low level and be increased in stages depending upon your fitness level.

Risks and Discomfort

During exercise sessions you 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, the discomforts should disappear.

Metabolic changes occur during and following exercise. The reaction of the cardiovascular system to activity cannot always be accurately predicted with complete accuracy. Changes of concern include abnormalities of blood pressure or heart rate, and in rare instances, cardiac complications. You are advised to monitor yourself constantly for any abnormal changes in blood pressure; dizziness/fainting; irregular, fast, or slow heart rhythm; or chest pain.

Every effort will be made to minimize these risks by evaluation of the preliminary health information that you provide and by observation of the instructor while you are participating in Force Physiques Boot Camp. You are advised to stop exercising at anytime due to signs of undue fatigue or extreme changes in your heart rate.

Responsibility of Participant

Information you possess about your health status or previous experiences of unusual feelings with physical effort may affect your safety while exercising. Your accurate reporting of this information in the Health Questionnaire is critical. The information on the questionnaire will be kept confidential. Your prompt reporting to the instructor of any unusual feelings while exercising is of great importance.

Benefits to be Expected

The results obtained from a regular, frequent exercise program will improve your current level of fitness. No guarantees of improvement can be made because it is related to the frequency, regularity, and intensity of your participation. The instructor will assist you in individualizing the exercise program to maximize gains and minimize risks.

Inquiries

Before signing this form, please feel free to ask any questions regarding any aspect of Force Physiques Boot Camp that may be unclear to you. Take as much time as necessary to think it over or to discuss your participation with your physician.

Freedom of Consent

I voluntarily choose to participate in Force Physiques Boot Camp in order to improve my physical fitness level and my general health and well-being. I have read and understand the above statements. I understand that the exercise that I will perform has risks and discomforts. Knowing these risks and discomforts and having had an opportunity to ask questions that have been answered to my satisfaction, I consent to participate in the exercise program Force Physiques Boot Camp. I also understand that Force Physiques recommends that I have medical clearance from my personal physician before I start any exercise program.

Client Name (Please Print)

Christy Bowers, *Force Physiques*, President

Client Signature

Date

Date

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