



ToFitYou

Where the mind goes
the energy flows

PERSONAL FITNESS TRAINING

by *Birgitt Haderlein*

Informed Consent

Congratulations on taking a big step toward improving your fitness level by hiring me as your personal fitness trainer. As your fitness trainer I will guide you through exercise sessions that will incorporate the major components of fitness; cardiovascular, muscular strength and endurance, and flexibility. It is your responsibility to give me consistent feedback regarding your physical response to the exercise program and inform me of any changes in your health that might affect your participation in the exercise sessions.

All workouts will be gradual and progressive in nature. During a cardiovascular workout your intensity level will be monitored by your heart rate response to the exercise as well as your perceived level of exertion. Each CV workout will end with a thorough cool down period. Strength workouts will be designed base on an assessment of your current level of strength and your goals. Flexibility exercises will be incorporated into your overall program.

In signing this consent form you state that you understand that this is not a medically supervised fitness program and you agree to look to your primary physician for medical care.

I release any and all claims for myself and my heirs against Birgitt Haderlein for any illness or injury which may directly or indirectly result from my participation in a personal fitness program supervised by her.

Participant Signature

Date
