

Fitness and Yoga Exercise Waiver

Participant release for class participation

The class instructor has explained that no exercise program is without inherent risks and that, regardless of the care taken, he/she cannot guarantee my personal safety. For example, when one induces cardiovascular stress through activity, injuries can range from occasional minor injury (e.g., pulled muscles, muscle soreness) to infrequent serious injury (e.g., heart attack, stroke, or other cardiovascular accidents) to the very rare catastrophic incident (e.g., paralysis, death). Likewise, I know that engaging in muscular endurance, strength building, and other fitness activities occasionally results in minor injuries (e.g., bruises, musculoskeletal strains and sprains), infrequently, more serious injuries (e.g., muscle tears, herniated disk, torn rotator cuffs), and very rarely, catastrophic injury (e.g., paralysis, death).

I understand that it is my responsibility to:

1. Fully disclose any health issues (including diabetes, heart problems, seizures, and asthma) or medications that are relevant to participation in a strenuous exercise program;
2. Inform the instructor if there are activities with which I do not feel comfortable;
3. Cease exercise and report promptly any unusual feelings (e.g., chest discomfort, nausea, difficulty breathing, apparent injury) during the exercise program; and
4. Clear my participation with my physician.

Signature: _____

Date: _____