



## LIVE**STRONG** at the YMCA Informed Consent

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Today's Date:	Age:	Date of Birth: _	Male or Female
Informed Consent			
I understand that the purpose of an efitness, muscular strength and endurant designed for me, based on my needs an cool-down. The programs include, but flexibility. All programs are designed to improve overall fitness. The rate of prexercise. I understand that I am respon program and should any symptoms occuthe symptoms.	nce, and flexibed interest. All the are not limed place a gradurogression is a sible for moni	ility and balance exercise program ited to aerobic ually increasing wregulated by the toring my own c	e. A specific exercise plan will be ns include warm-up, exercise, and exercise, strength training, and workload on the body in order to e rate of my perceived effort of condition throughout the exercise
In signing this consent form, I affirm that of the exercise program. I also affirm answered to my satisfaction.			•
In the event that medical clearance must agree to consult my physician and commencement of any exercise progran	obtain writte		
Also, in consideration for being allowed risk of such exercise, and further agree agents, from any and all claims, suits, lo limited to, such claims that may result in any way from the exercise program.	to hold harm osses or relate	lless the d causes of actio	, it's employees and not damages, including, but not
As part of your participation in the LIVE ask that you complete the request responses/outcomes are kept confide anyone outside the LIVESTRONG at the with other respondents answers and a effectiveness, as well as plan future progfor completing the surveys.	ted paperwor e <b>ntial; your re</b> YMCA prograi analyzed and i	k, surveys, and esponses/perform m. The informati reported in ordel	I functional assessments. All mance will not be shared with ion you provide may be combined or to help evaluate the programs
Signature of participant		_	Date
Contact in case of emergency			Phone number