



PHYSICIAN'S APPROVAL

JAI HHI LLC & FITKOR, and all staff, employees, trainers, and independent contractors of *JAI HHI LLC & FITKOR*, have informed the member, client, or guest that it is suggested that he or she seek a physician's approval before starting an exercise program and that he or she is exercising at his or her own risk.

Dietary Information

The member, client, or guest hereby gives consent to undergo the metabolic rate assessment, dietary assessment, and or receive dietary information from *JAI HHI LLC & FITKOR*, and all staff, employees, trainers, and independent contractors. It is expressly agreed and understood that the results of the assessment and any dietary information or advice given based on the assessment or in accordance with any aspect of the dietary or exercise program are suggestions. The dietary information received in any program is not a substitute for recommendations or restrictions that your physician or dietician may require. As always, please consult your physician before embarking on any dietary program.

Risks Associated with Fitness Assessments & Exercise Programs

Certain pieces of specialized equipment will be used during your training session or assessment with your trainer. Some level of exertion will be required for your exercise program or assessment that may cause temporary changes in heart rate and blood pressure. This may place any participant, particularly those with cardiovascular or other disease, whether diagnosed or undiagnosed at significant risk for adverse events or even death. Additionally, with all vigorous physical activity, there exists a risk of musculoskeletal injury. Please note that while these outcomes are rare, it is quite common for participants to experience some stiffness and or soreness in muscles during the next few days after exercise and testing.

Release & Waiver of Liability

Members, clients, and guests understand that the usage of all equipment with *JAI HHI LLC & FITKOR*, including but not limited to weights, machinery, dumbbells, and any apparatus designed for exercise shall be at their own risk. It is also expressly agreed and understood that any exercise program with or without a trainer, training method, and the purchase and use of supplements, are the sole responsibility of the member, client, and guest. *JAI HHI LLC & FITKOR*, and all staff, employees, trainers, and independent contractors of *JAI HHI LLC & FITKOR* shall not be liable for any claims, demands, accidents, injuries, damages, or actions arising out of or in connection with the membership or the members' use of the facility, services, or equipment. In recognition of the possible danger associated with any physical activity, the member hereby knowingly and voluntarily waives any right of cause of action now or hereafter arising from any liability that may or could accrue to *JAI HHI LLC & FITKOR*, its staff, employees, and independent contractors. **I have read, understand, and agree to all of the terms listed above – Please sign below.**

_____	_____	____/____/____
Participant Signature	Print Name	Date
_____	_____	____/____/____
Parent / Guardian Signature (If under 18 yrs of age)	Print Name	Date
_____	_____	____/____/____
Witness Signature	Print Name	Date