

## INFORMED CONSENT FOR EXERCISE PROGRAM

The following program will include exercises that are utilized to improve the five fitness components (cardiovascular fitness, body composition, muscular strength, muscular endurance, and flexibility).

The exercise program may include the following activities:

- (1) Weight Training
- (2) Aerobic Training (Walking, biking, treadmill)
- (3) Calisthenics
- (4) Stretching
- (5) Warm-up and cool-down

If the program is followed on a regular basis, the client can look forward to the following benefits:

- (1) Decrease in % bodyfat
- (2) Increase in muscular strength and endurance
- (3) Increase effectiveness of the cardiovascular system
- (4) Improve joint flexibility

I understand that with any fitness program the body cannot always be predicted with accuracy. I am aware that there is a risk of certain abnormalities in the body such as heart problems, musculoskeletal injuries that can occur even if adequate warm-up, gradual progression and safe procedures are followed.

In signing this consent form, I affirm that I have read this form in its entirety and I understand the description of the program and its components. I also affirm that my questions regarding the fitness program have been answered to my satisfaction.

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(client's signature)

(date)

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(trainer's signature)

(date)