



Date: _____

Patient Full Name _____ Date of Birth _____ Age: _____ Sex: M F

Address: _____ City/State/Zip: _____

Cell Phone: _____ Email Address: _____

Emergency Contact Person & Phone: _____

If patient is a MINOR, parent/guardian's name and signature here: _____

"I, _____, have enrolled in the **Optimize Personal Training** offered by Optimize Therapy and Fitness. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by Optimize Therapy and Fitness."

"In consideration of my participation in this program, I, _____, hereby release Optimize Therapy and Fitness and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment."

"I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, _____, hereby release Optimize Therapy and Fitness and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death."

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

_____ (Participant Signature)

_____ (Date)