

Health & Fitness Liability Waiver/Informed Consent Form

“I, _____, have enrolled in the personalized health and fitness program offered with Bemidji Bounce/Lifestyle Lift with Leah C Hendricks. 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 know 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 Bemidji Bounce/Lifestyle Lift or Leah C Hendricks.”

“In consideration of my participation in this program, I, _____, hereby release Bemidji Bounce and the instructor, Leah Hendricks, 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 _____, herby release Bemidji Bounce, and or Leah Hendricks, 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)