

# BFS ATHLETIC PERFORMANCE INFORMED CONSENT FORM

## Benefits

Participation in a regular program of physical activity has been shown to produce positive changes in a number of organ systems. These changes may include increased work capacity, improved cardiovascular efficiency, and increased muscular strength, flexibility, power and endurance. I understand that the benefits any one individual may reap from participation in any given program of physical activity are dependent on a number of variables, including, but not limited to, the particular program of activity (aerobic, anaerobic, etc.), that individual's current state of health and fitness, genetics and diet. I further understand that BFS Athletic Performance is not guaranteeing that I will achieve all or any of the benefits possibly resulting from participation in a regular exercise program.

## Risks:

I recognize that exercise carries some risks to the musculoskeletal system (sprains, strains) and the cardiorespiratory system (dizziness, discomfort in breathing, heart attack). I hereby certify that I know of no medical problem that would increase my risk of illness and injury as a result of participation in a regular exercise program. I further certify that BFS Athletic Performance has recommended that I consult with a doctor prior to commencing this, or any, program of physical activity or exercise.

I fully understand that any exercise program I receive from BFS Athletic Performance is not intended to replace any other medical program or the services of my physician. I may share the results of these programs with whomever I please, including my personal physician. I understand that I am personally responsible for my actions during my relationship with BFS Athletic Performance, and that I knowingly and voluntarily release BFS Athletic Performance and its agents, representatives and employees from any and all claims, actions, causes of action and lawsuits for personal injury or death to me or anyone else that may or do arise as a result of, or in connection with, any exercise program established by BFS Athletic Performance for me, and hereby knowingly and voluntarily waive any right(s) I now, or may later have, to assert any and all such claims, actions, causes of action and lawsuits against BFS Athletic Performance. I ACKNOWLEDGE THAT THIS PARAGRAPH CONTAINS A RELEASE OF RIGHTS AND HAVE BEEN AFFORDED THE OPPORTUNITY TO CONSULT WITH A LAWYER REGARDING THIS RELEASE OF RIGHTS.

PRINT NAME \_\_\_\_\_

NAME OF INDIVIDUAL (if a minor) \_\_\_\_\_

SIGN NAME \_\_\_\_\_

DATE \_\_\_\_\_