



STONE
BODYWORKS
intelligent, intuitive fitness

INFORMED CONSENT FOR PHYSICAL FITNESS TEST

In order to safely participate with an exercise program, I, _____ (name), hereby voluntarily give consent to engage in a fitness test. I understand that a cardiovascular fitness test will involve progressive stages of increasing effort and that at any time I may terminate the test for any reason. I understand that during some tests I may be encouraged to work at maximum effort and that at any time I may terminate the test for any reason.

I understand there are certain changes, which may occur during the exercise test such as abnormal blood pressure, fainting, irregular heart beat, and very rare instances of heart attack. I understand that every effort will be made to minimize problems by preliminary examination and observation during testing.

I understand that additional objective information will be gathered by the health and fitness professional. The categories can include physiological assessments, body composition assessments, posture and movement assessments, and performance assessments. This information can be used to compare beginning numbers to those measured weeks, months or years later, denoting improvements as well as the effectiveness of the training program.

I agree to such testing so that better advice regarding my proposed exercise program may be given to me. I also understand that any information from my tests may be used for reports and research publications and that my identity will be protected.

I understand that I can withdraw my consent or discontinue participation in any aspect of the fitness testing or program at any time without penalty or prejudice toward me.

Also, in consideration of being allowed to participate in the fitness tests, I agree to assume all risks of such fitness testing, and hereby release and hold harmless Stone Bodyworks, from any and all health claims, suits, losses, or causes of action for damages, for injury or death, including claims for negligence, arising out of or related to my participation in the fitness assessments.

I have read the statements above, understand what I've read and by signing my name agree to consent with the fitness testing.

SIGNATURE

DATE