



Active Body and Health Inc.
CLIENT INFORMED CONSENT WAIVER

The client is aware that Active Body and Health personal fitness sessions that involve strength, flexibility, and aerobic exercise are potentially hazardous activities. The client also understands that these activities involve a risk of injury and death. The client consents voluntarily to participate in Active Body and Health personal fitness activities with the knowledge of the dangers involved, and the client assumes the risks involved.

In the event that a medical clearance must be obtained prior to the client's participation in this program, the client agrees to consult his/her physician and obtain his/her written permission prior to the commencement of activity sessions as recommended by Active Body and Health Inc.

The client agrees that in consideration of being able to participate in the fitness session at Active Body and Health Inc. to hereby waive, release and forever discharge Active Body and Health Inc. and its officers, agents, employees, representatives, and executors from any and all responsibilities or liability from injuries or damages resulting from participation in any fitness sessions. Client also agrees that Active Body and Health Inc., its officers, agents, employees, representatives and executors shall not be liable for any claim, demand, cause or action of any kind whatsoever for, or on the account of death, personal injury, property loss or damage resulting from the fitness sessions.

No supplement, modification or amendment of any term, provision or condition of this contract shall be binding or enforceable unless executed in writing by client and an authorized representative of Active Body and Health Inc.

Client

Date

Active Body and Health Trainer

Date