



4EVERFIT365 LLC

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HEALTH & FITNESS LIABILITY WAIVER CONSENT FORM

I _____, have entered into a Personal Training session(s) with 4EVERFIT365 program offered by Certified Personal Trainer Paige Swan. I recognize that the training session(s) and/or 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 that would prevent or limit my participation in these exercise sessions/and or program. I hereby affirm that if I do possess any current or past injury, I am solely responsible for the risk of re-injury. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by the 4EVERFIT365 program or trainer Paige Swan.

In consideration for my participation in these sessions/and or program,

I _____, hereby release 4EVERFIT365/Paige Swan from any claims, demands, and causes of actions as a result of my voluntary participation in enrollment. I fully understand that I may injure myself as a result of my enrollment and subsequent participation in these sessions and/or program.

I _____, release 4EVERFIT365/Paige Swan 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 in the neck and back, injuries in the upper body and lower body, or any other illness or soreness, that my incur including death.

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

(Client Signature).Date _____