

## GET FIT WITH JEANNE

### Assumption of Risk, Waiver of Liability & Release Agreement

Client Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

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#### 1. Acknowledgment of Risks

I understand that participation in personal training sessions, strength training, cardiovascular exercise, flexibility training, virtual coaching, and any other fitness-related activities offered by **Get Fit With Jeanne** involves inherent risks. These risks may include, but are not limited to:

- Muscle strains or sprains
- Falls
- Abnormal blood pressure
- Heart attack or stroke
- Serious injury or death

I acknowledge that I am voluntarily participating in these activities with knowledge of the potential risks.

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#### 2. Health Certification

I certify that:

- I am physically capable of participating in an exercise program.
- I have disclosed any known medical conditions, injuries, or limitations.
- If I have any medical concerns, I have consulted with my physician prior to participation.

I agree to immediately inform Jeanne Ukwendu of any discomfort, pain, dizziness, or unusual symptoms during training.

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#### 3. Assumption of Risk

I knowingly and voluntarily assume full responsibility for all risks, known and unknown, associated with my participation in training sessions and related activities.

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#### 4. Release & Waiver of Liability

In consideration of being allowed to participate in training services provided by **Get Fit With Jeanne**, I hereby release, waive, discharge, and covenant not to sue:

**Jeanne Ukwendu, Get Fit With Jeanne, its owners, agents, contractors, and affiliates**

from any and all claims, demands, damages, causes of action, or liability arising out of or related to any injury, disability, loss, or damage that may occur during participation, including those caused by negligence.

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**5. Virtual Training Acknowledgment (If Applicable)**

I understand that if participating in virtual or online sessions:

- Jeanne Ukwendu cannot physically correct or spot me.
  - I am responsible for ensuring a safe workout environment.
  - I assume full responsibility for my surroundings, equipment, and execution of exercises.
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**6. Indemnification**

I agree to indemnify and hold harmless Jeanne Ukwendu and Get Fit With Jeanne from any claims resulting from my participation.

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**7. Photo/Video Release (Optional Section)**

I grant permission for photographs or video taken during sessions to be used for marketing or educational purposes.

- Yes  
 No
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**8. Acknowledgment of Understanding**

I have read this document carefully and fully understand its contents. I understand that I am giving up substantial legal rights by signing it, and I sign it freely and voluntarily.

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**Client Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Trainer Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_