



Participant Consent

I have voluntarily enrolled in the StrongWomen Self Directed Group program of progressive exercise. The program is designed to place a gradually increased workload on the heart, lungs, muscles and bones to help improve their function. I understand that participating in such a program may be associated with some risks. These risks may include but are not limited to: muscle soreness, fainting, disorders of heart beat, abnormal blood pressure, and in very rare instances, heart attack. To the best of my knowledge I do not have any limiting physical conditions or disability that would preclude an exercise program. I release everyone who has designed, promoted or conducted the StrongWomen Program from all claims or liabilities whatsoever resulting from my participation in this program. I assume all risks and responsibility for any injury, damage, or any other adverse event that may result from my participation in this program.

Before beginning this Self Directed program, I was an active participant and completed the StrongWomen program. As a participant in the StrongWomen program I was required to undergo a pre-exercise assessment and a medical screening. I understand that each person may react differently to these fitness activities and these reactions cannot be predicted with complete accuracy. I fully understand that it is my responsibility to protect myself from injury or the aggravation of existing health problems.

The Senior Center Fitness Programs are designed to benefit the cardiovascular system, increase flexibility, improve balance, coordination, posture and muscle tone and endurance. Participants are encouraged to pace themselves through the use of warm-up exercises and cool-down routines.

I agree to be solely responsible for any and all costs, damages, and expenses incurred by me as a result of any injury sustained by me from my participation in the Strong Women Self Directed Group program. I hold the Los Alamos Retired and Senior Organization, the Los Alamos Cooperative Extension Service and Los Alamos County, staff and volunteers harmless.

Signature _____

Printed Name _____

Date _____

