

# Kawartha Lakes

## Fit Body Boot Camp



### Physical Activity Readiness

Physical activity should not be hazardous for most people. The PAR-Q has been designed to identify those individuals who should seek medical attention prior to beginning a physical fitness program.

Please answer all questions accurately and honestly to allow us to fully determine your individual needs.

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Email \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Full Address \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

AGE \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ GENDER \_\_\_\_\_

	YES	NO
1. Do you have high cholesterol?	_____	_____
2. Has your doctor ever said that you have heart trouble?	_____	_____
3. Has your doctor ever told you that you have a bone or joint problem (such as arthritis) that has been or may be exacerbated by physical activity?	_____	_____
4. Has your doctor ever told you that your blood pressure was too high?	_____	_____
5. Are you over 65 years of age and not accustomed to vigorous exercise?	_____	_____
6. Does your spouse support you in your fitness and health goals?	_____	_____

CLIENT ACKNOWLEDGES AND ASSUMES ALL RISK AND FULLY RELEASES FROM LIABILITY FIT BODY BOOT CAMP KAWARTHA LAKES AND FIT BODY BOOT CAMP, INC CORPORATE OFFICES, AND THEIR RESPECTIVE EMPLOYEES, OFFICERS, CONTRACTORS, AND OWNERS. CLIENT ACKNOWLEDGES THAT FIT BODY BOOT CAMP KAWARTHA LAKES IS INDEPENDENTLY OWNED AND OPERATED AND ANY COMMITMENTS, CLAIMS, ISSUES, QUESTIONS AND/OR CONCERNS BE DIRECTED TOWARD FIT BODY BOOT CAMP KAWARTHA LAKES CLIENT ACKNOWLEDGES THAT THESE PHYSICAL ACTIVITIES INVOLVE THE INHERENT RISK OF PHYSICAL INJURIES OR OTHER DAMAGES, INCLUDING, BUT NOT LIMITED TO, HEART ATTACKS, MUSCLE STRAINS, PULLS OR TEARS, BROKEN BONES, SHIN SPLINTS, HEART PROSTRATION, KNEE/LOWER BACK/FOOT INJURIES AND ANY OTHER ILLNESS, SORENESS, OR INJURY HOWEVER CAUSED, OCCURRING DURING OR AFTER CLIENT'S PARTICIPATION IN THE PHYSICAL ACTIVITIES. CLIENT FURTHER ACKNOWLEDGES THAT SUCH RISKS INCLUDE, BUT ARE NOT LIMITED TO, INJURIES CAUSED BY THE NEGLIGENCE OF AN INSTRUCTOR OR OTHER PERSON, DEFECTIVE OR IMPROPERLY USED EQUIPMENT, OVER-EXERTION OF A CLIENT, SLIP AND FALL BY CLIENT, OR AN UNKNOWN HEALTH PROBLEM OF CLIENT. CLIENT AGREES TO ASSUME ALL RISK AND RESPONSIBILITY INVOLVED WITH PARTICIPATION IN THE PHYSICAL ACTIVITIES. CLIENT AFFIRMS THAT CLIENT IS IN GOOD PHYSICAL CONDITION AND DOES NOT SUFFER FROM ANY DISABILITY THAT WOULD PREVENT OR LIMIT PARTICIPATION IN THE PHYSICAL ACTIVITIES. CLIENT ACKNOWLEDGES PARTICIPATION WILL BE PHYSICALLY AND MENTALLY CHALLENGING, AND CLIENT AGREES THAT IT IS THE RESPONSIBILITY OF CLIENT TO SEEK COMPETENT MEDICAL OR OTHER PROFESSIONAL ADVICE, REGARDING ANY CONCERNS OR QUESTIONS INVOLVED WITH THE ABILITY OF CLIENT TO TAKE PART IN FIT BODY BOOT CAMP KAWARTHA LAKES PHYSICAL ACTIVITIES. BY SIGNING THIS AGREEMENT, CLIENT ASSERTS THAT HE OR SHE IS CAPABLE OF PARTICIPATING IN THE PHYSICAL ACTIVITIES. CLIENT AGREES TO ASSUME ALL RISK AND RESPONSIBILITY FOR NOT EXCEEDING HIS OR HER PHYSICAL LIMITS.

CLIENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**The following information will be treated as privileged:**

	YES	NO
1. Do you ever feel weak, fatigued, or sluggish?	_____	_____
2. How many meals do you eat each day?	_____	_____
3. Do you eat breakfast?	_____	_____
4. Do you crave sugary foods?	_____	_____
5. Do you need several cups of coffee to keep you going throughout the day?	_____	_____
6. Do you often experience digestive difficulties?	_____	_____
7. How long have you been exercising? _____		
8. Would you say that each month your gaining weight or staying the same? _____		
9. When was the last time you were completely happy with how you looked and felt? _____		
10. On a scale of 1 to 10, how serious are you about achieving your goals?		
LEAST      1      2      3      4      5      6      7      8      9      10      MOST		

**Please list your desired fitness goals:**

Desired Weight: \_\_\_\_\_

Desired Waist Size: \_\_\_\_\_

I plan to exercise \_\_\_\_\_ day per week.

**I would like to:**

Increase Muscle Tone \_\_\_\_\_

Lose Body Fat \_\_\_\_\_

Increase Stamina \_\_\_\_\_

Improve Overall Health \_\_\_\_\_