



HEALTH & FITNESS WAIVER / INFORMED CONSENT FORM

"I, \_\_\_\_\_, have enrolled in the personalized health and fitness program offered through spyngaFlows, I recognize that the program may involve 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 which would prevent or limit my participation in this exercise program. In consideration of my participation in this program, I \_\_\_\_\_, hereby release spyngaFlows, LLC and its agents from any claims, demands and causes of action as a result of my voluntary participation and enrollment."

"I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, \_\_\_\_\_, hereby release spyngaFlows, LLC and its agents 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 to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death."

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

Participant Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

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

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ (Mobile) \_\_\_\_\_ (Home)

E-Mail: \_\_\_\_\_