



**Name and Address:**

**Mobile Number:**

**Email Address:**

For your safety and wellbeing the Movement Improvement Studio (MI Studio) asks that complete the following and upload a signed copy in order to access the Online.

### **Please Answer Yes or No to the Following Questions**

1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity?

**If You Answered Yes to any of the above please give details here:**

**If you answered yes to any question (one or more questions)...**

**OR are older than age 40 and have been inactive or are concerned about your health....**

You must consult a physician before increasing your physical activity. You should ask for medical clearance along with information about specific exercise limitations you may have.

In most cases, you will still be able to do any type of activity you want as long as you adhere to some guidelines.

You must provide us with the medical clearance or guidance that you have been given with any paperwork that will help us assess if our training is suitable for you

**If You Answered No to all questions please state here:**

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If you answered no to all the PAR-Q questions, you can be reasonably sure that you can exercise safely and have a low risk of having any medical complications from exercise. It is still important to start slowing and increase gradually. At all times please listen to your body. If something feels wrong, or you feel it in the wrong area of your body please discontinue that exercise.

**When to Delay the Start of an Exercise Program**

- If you are not feeling well because of a temporary illness, such as a cold or a fever, wait until you feel better to begin exercising.
- If you are or may be pregnant you are not permitted to undertake this form of exercise

Keep in mind, that if your health changes, so that you then answer "YES" to any of the above questions, you will need to withdraw from this online training programme until you have medical clearance, and have submitted that clearance to the MI Studio. It is your responsibility to advise the MI Studio of any changes in your health. By signing you are taking full responsibility for your well-being.

<b>Date:</b>	<b>Signature:</b>