

Totally Fit Inc.

Nutrition Personal Training

Waiver and Release of All Claims by Client

The CLIENT acknowledges that any program of fitness exercise involves a risk of injury.

The CLIENT represents that he/she has been recently examined by a medical doctor and been found able to undertake a program of exercise. The CLIENT also understands that Totally Fit, Inc. works in conjunction with Certified Fitness Instructors, Licensed Medical Doctors, Licensed Massage Therapists, and certified Nutritionists to optimize Client results.

For and in consideration of the design of an exercise program for said CLIENT by Totally Fit, Inc. represented by _____ from this point known as "Trainer", Client agrees:

1. That any exercise program shall be undertaken by CLIENT at his/her sole risk; and
2. that Totally Fit, Inc. or TRAINER, shall not be liable in any way to CLIENT, nor any other person, for any claims or causes of action whatsoever arising out of or connected with the services of Totally Fit, Inc., or Trainer; and
3. that CLIENT hereby releases and discharges Totally Fit, Inc., and TRAINER, or any of its affiliates from any such claims or actions.

Client _____ Date _____

Trainer _____