

GYMFLESH® GYM

PARTICIPANT INFORMED CONSENT FORM

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone _____ **Email** _____

1. Purpose and Explanation of the Program

Gymflesh® Gym provides health education and exercise training programs on aerobic and anaerobic conditioning and the medical benefits related to these modalities. You may choose your own activities under the recommendation and supervision of the Gymflesh® Gym staff. The selection of exercises and the intensity of the program must be appropriate based on your health history and current level of fitness.

2. Attendant Risk and Discomforts

There are inherent risks associated with aerobic and anaerobic conditioning and other forms of physical activity. Aerobic training may result in fast or slow irregular heart rhythm, abnormal blood pressure changes, light-headedness, dizziness, fainting, chest pain, and other discomforts. Anaerobic training may result in acute muscle and/or joint pain, pulled muscles, brief changes in blood pressure, light headedness, dizziness, delayed onset muscle soreness (DOMS), more chronic conditions such as tendonitis, and other discomforts. Anaerobic training should be modified or postponed if joint injury is present or if pain or symptoms persist. Any type of physical activity may in rare instances lead to a heart attack, stroke or death, but this is unusual, especially in participants free of known coronary heart disease (CHD), free of any signs or symptoms of CHD, and with few major risk factors of CHD. Although not all Gymflesh® staff is trained in basic cardiac life support (CPR), they are trained to watch for any signs or symptoms associated with a poor exercise response.

3. Responsibilities of the Participant

To promote the safety and benefit of your participation in the Gymflesh® Gym programs, it is important that you fully disclose your personal health history, any medications you are taking, and any symptoms you may be experiencing during exercise. Such symptoms would include joint pain, irregular heart rhythm, tightness or pressure in your chest, unusual shortness of breath, light-headedness, dizziness and the like. It is also important that you adhere to the recommendations of the Gymflesh® staff especially with regard to the choice and intensity of the exercises you perform. You should not exceed the recommended exercise intensity (as measured by weight lifted or resistance of force or exercise heart rate) and you should not exercise when you are injured, sick or not otherwise feeling well.

4. Benefits to be Expected

It is expected that you will see benefits as a result of regular and consistent participation in the Gymflesh® Gym programs. Anaerobic training typically results in numerous physical benefits (including improved muscle strength, increased muscle mass and increased bone density) and possibly in an improvement in physical tasks associated with work, recreation and every day life. Aerobic conditioning typically results in health benefits (including improved body composition, reduced blood pressure and reduced risk

of CHD) and possibly in changes associated with improved exercise performance (including increased aerobic capacity, improved heart and lung function and improved circulation).

5. Inquiries

An important part of the informed consent process is providing you the opportunity to inquire about any aspect of the Gymflesh® Gym programs. If you have any questions or concerns about the program, please feel free to ask the Gymflesh® Office of the Medical Director or the Gymflesh® Gym Director.

6. Use of Medical Records and Information

Any information gathered in conjunction with the program (such as health history information, signs or symptoms of disease, risk of disease, exercise risk, blood pressure, body composition, aerobic fitness, instances of joint pain, chest pain, light-headedness or dizziness, etc.) will be kept confidential to the extent provided by law. You will be encouraged to allow us to share this information with your physician or primary care provider in an attempt to diagnose or treat a current disease or reduce your risk of developing a more serious medical condition. No identifiable information will be released or revealed to any other party without your written consent. You may be asked, however, to allow certain information (from which your identity is removed) to be used for statistical analysis or research purposes.

7. Freedom of Consent

I agree to voluntarily participate in the Gymflesh® Gym programs. I understand that I am free to deny consent if I so desire now or at any point in the program. If I choose not to accept the terms and conditions of this Participant Informed Consent Form, I will not be able to participate in any manner in the Gymflesh® Gym programs.

Please Read the Following Statements Carefully and Initial

Initial

_____ I acknowledge that I have read this form in its entirety or it has been read to me, and I understand my responsibility in the Gymflesh® Gym programs in which I will be engaged. I accept the risks, rules, and regulations set forth. Knowing these, and having had an opportunity to ask questions which have been answered to my satisfaction, I consent to participate in the Gymflesh® Gym programs.

_____ If I am accidentally injured during the Gymflesh® Gym programs, the Gymflesh® staff will offer immediate intervention by contacting the local Emergency Medical Service (EMS) providers but will be unable to provide treatment. If injured, I will be responsible to seek treatment with my own physician or primary care provider.

_____ I, the undersigned, fully release from liability and waive and agree to hold harmless and indemnify Gymflesh Corporation, its employees, agents, officers and directors against any and all claims any way connected with my participation in a health education and exercise program. This agreement is binding on my heirs, executors, administrators and assigns.

Signature

Date

Please return this form when completed and signed to Gymflesh Corporation.

Mailing address: Gymflesh® Gym, POB 475, Tappan, NY 10983-0475

Email: Gym@Gymflesh.com

Phone: 212-714-8000, ext 7

GYMFLESH.COM
NONE ELSE™