

**EPTI**  
**Informed Consent Form**



**Exercise Objectives:**

The purpose of an exercise programme is to develop and maintain cardiovascular (aerobic) fitness, muscular strength and endurance, body composition, and flexibility. These recommendations follow industry standards and should be conducted under the supervision of a trainer with a REPS accredited qualification.

**Procedures:**

A structured exercise programme based on individual ability, needs, interests, and/ or doctors' recommendations will be given to each participant. Exercises may include aerobic activities, calisthenics and weight lifting to improve muscular strength and endurance, and flexibility exercise to improve joint range of motion. All aerobic programmes involve a warm-up, exercise at target heart rate, and cool-down component and follow EPTI recommendations.

**Potential Risks:**

All exercise programmes/ testing are designed to gradually increase workload on the cardio-respiratory and musculoskeletal systems in order to effect improvements. The body's reaction to gradually increasing exercise activities cannot be predicted with complete accuracy. Unusual changes during or following an exercise session may occur. These may include muscular or joint injury, abnormal blood pressure, fainting, disorders of heartbeat, and/ or very rare instances of heart attack or death.

**Potential Benefits:**

Benefits obtained from a structured and regularly employed exercise programme might include a more efficient cardiovascular system, an improved musculoskeletal system, a decrease in blood fats, and improvement in psychological function, and a decrease in the risk of heart and other diseases.

**Supervision:**

Your trainer is not responsible for injuries and/ or damages that occur when the facility/ individual(s) are not supervised by your trainer or during non-operational hours.

**Confidentiality:**

All participant exercise programmes will be treated as privileged and confidential and will not be recalled to any person (other than the trainer involved in the participant's exercise programme) without expressed written consent). By signing below, participants agree that their "Body Transformation" photographs and measurements will at times be displayed on EPTI website and other social media platforms.

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**Freedom of Consent:**

*Your permission to perform the exercise is voluntary. You are free to deny consent or stop at any point if you so desire.*

I have read the foregoing and i understand the objectives, procedures, potential risks and benefits, supervision issues, and confidentiality involved. I understand that if there are any questions about the procedures or methods used during an exercise session, I should ask my trainer. I realise that injury may result in improper exercise technique or misuse of exercise facilities and equipment. I assume responsibility for monitoring my own condition throughout the exercise programme and should any unusual symptom(s) occur, I will cease my participation and inform my trainer. I shall also notify my trainer of any changes in my medical status. I consent the administration of any immediate resuscitation measures deemed advisable by my trainer or other qualified personnel.

I have read this form and I understand the test and/ or exercise procedures that I will perform. I consent to participate.

Printed Name: \_\_\_\_\_

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

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

**The Gift of Fitness:**

At EPTI. we rely on happy clients telling others about our services. We may both be able to make a huge difference in somebody's life. Please take the time to jot down the names of 2 friends/ family members who you would like to offer a complimentary consultation to. Once you discuss with them, we'll call and book them for their first session.

Name	Phone Number
1)	
2)	