

**Yogini Nurielle 'Ellie' Tucker
Fibre Fitness by Ellie Tucker
Release of Liability and Medical History**

1. In consideration of being allowed to participate in the personal nutrition and/or fitness training activities and yoga programs of Yogini Ellie Tucker and to use her facilities/equipment and services/in addition to the payment of any fee or charge, I do hereby forever waive, release and discharge Yogini Ellie Tucker and her officers, agents, employees, assistants, representatives, executors and all other acting on their behalf from any and all claims or liabilities for injuries or damages to my person and/or property, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf, arising out of or connected with my participation in any activities, programs or services of Yogini Ellie Tucker or the use of any equipment at various sites, including home, provided by and/or recommended by Yogini Ellie Tucker.

(PLEASE INITIAL: _____)

2. I have been informed of, understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also have been informed of, understand and am aware that fitness activities involve a risk of injury, including a remote risk of death or serious disability, and that I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding and appreciation of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

(PLEASE INITIAL: _____)

3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation in these activities or use of equipment or machinery. I will not be under the influence of alcohol and/or recreational drugs during a session. I understand that alcohol and recreational drug use will impair my judgment and balance and will make exercise more challenging and dangerous. I do hereby acknowledge that I have been informed of the need for a physician's approval for my participation in the exercise activities, programs and use of exercise equipment. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and use of exercise equipment. I acknowledge that either I have had a physical examination and have been given my physician's permission to participate or I have decided to participate in the exercise activities, programs and use of equipment without the approval of my physician and do hereby assume all responsibility for my participation in said activities, programs and use of equipment.

(PLEASE INITIAL: _____)

4. I understand that Yogini Ellie Tucker providing and maintaining an exercise/fitness and nutrition program for me does not constitute an acknowledge, representation or indication of my physiological well-being or a medical opinion relating thereto.

(PLEASE INITIAL: _____)

Signature: _____, Parent/guardian signature: _____, Date: _____

Printed name: _____, Address: _____

City/town: _____, Zip: _____, Email: _____

Date of birth: _____, Home telephone number: _____

Cellular telephone number: _____, Work telephone number: _____

Emergency contact name: _____, telephone number: _____, relationship: _____

Check if pregnant: _____ Number of months pregnant: _____, Physical limitations: _____

Current injuries: _____

Past injuries (please date): _____

Please list all of your medication(s), dosage(s), purpose(s) and side effects: _____