

# Physical Activity Readiness Question & Liability Waiver Agreement

Some people should check with their doctor before they start **becoming much more physically active**. If you are between the ages of 15 and 69, these questions will tell you if you should check with your doctor before you start. If you are over 69 years of age, and are not used to being very active, definitely check with your doctor first. Please complete the seven questions below:

Question	Yes	No
1. Has your doctor ever said that you have a <b>heart condition</b> and that you should only do physical activity recommended by a doctor?		
2. Do you feel <b>pain in your chest</b> when you do physical activity?		
3. In the past month, have you had <b>chest pain</b> when you were not doing physical activity?		
4. Do you lose your balance because of <b>dizziness</b> or do you ever lose <b>consciousness</b> ?		
5. Do you have a <b>bone or joint problem</b> that could be made worse by a change in your physical activity?		
6. Is your doctor currently <b>prescribing drugs</b> (for example, water pills) for your blood pressure or heart condition?		
7. Do you know of <b>any other reason</b> why you should not do physical activity?		

If you answered YES to one or more questions, talk with your doctor before you start becoming much more physically active. (Note: If your health changes so that you then answer YES to any of the above questions, ask for advice from your fitness or health professional)

If you answered NO to all questions, you can be reasonably sure that you can start becoming more physically active right now. Be sure to start slowly and progress gradually - this is the safest and easiest way to go.

Delay becoming much more active if:

1. You are not feeling well because of a temporary illness such as a **cold or a fever** - wait until you feel better; or
2. You are or may be **pregnant** - talk to your doctor before you start becoming much more active.

I understand that yoga includes physical movements as well as an opportunity for **relaxation, stress re-education and relief of muscular tension**. As is the case with any physical activity, the risk of injury, even serious or disabling, is always present and cannot be entirely eliminated.

If I experience any pain or discomfort, I will listen to my body, adjust the posture and **ask for support from the instructor**. I will continue to breathe smoothly. Yoga is **not a substitute** for medical attention, examination, diagnosis or treatment. Yoga is not recommended and is not safe under certain medical conditions.

I affirm that I alone am **responsible** to decide whether to practice yoga. I hereby agree to irrevocably release and waive any claims that I have now or hereafter may have against Feel Good Yoga & Pilates, its owners, staff and teachers.

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Name

\_\_\_\_\_

Date

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Signature

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(guardian signature if under 18)

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Email

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Phone