

BAREFOOT TED'S ADVENTURES

Informed Consent Form for Barefoot Ted's Barefoot Coaching

Name:	Phone:
Address:	Email:

General Statement of Program Objectives and Procedures:

I understand that Barefoot Ted's (BFT's) physical fitness method includes exercises to build my cardiorespiratory system, to strengthen my musculoskeletal system, to improve my body composition and overall fitness and to introduce me to a philosophy of exercise that shies away from machines and mechanical repetition and promotes barefooting.

Exercise with BFT may include aerobic activities like walking, running, climbing and balancing to enhance my muscular strength, flexibility and endurance. I also understand that most of these activities will occur outside in natural surroundings barefoot or minimally clad; therefore, I will take care to be prepared for the day's weather conditions.

Description of Potential Risks:

I know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart attacks. I understand that BFT shall not be liable for any damages arising from personal injuries sustained by me during the personal training program. I assume full responsibility for any injuries or damages which may occur during the training.

I understand and warrant, release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to my heart, safety, comfort, or physical condition if I engage or participate.

I have read the foregoing information and understand it.

Signature of Client _____ Date _____