

## INFORMED CONSENT AND ASSUMPTION OF RISK AND RELEASE OF LIABILITY

This Informed Consent and Assumption of Risk and Release of Liability is material to the Personal Training Contract and is incorporated herein by reference.

1. Client certifies that he/she is of adequate physical condition to participate in physical exercise.
2. Client certifies that he/she assumes the risk of physical injury, whether minor, severe, or otherwise.
3. Client certifies that he/she will disclose to Trainer whenever suggested activities cause distress beyond Client's threshold.
4. Client certifies that he/she will not hold TWBY or its Trainer(s) liable for any physical injury, whether minor, severe, or otherwise that result from Training Sessions.
5. Client certifies that he/she assumes all responsibility for his/her participation in the Training Sessions.

### ACKNOWLEDGMENT

I AM IN GOOD PHYSICAL AND MENTAL HEALTH AND DO NOT SUFFER FROM ANY HANDICAPS OR PHYSICAL CONDITIONS THAT COULD CONSTITUTE A DANGER TO MYSELF OR OTHERS AS A RESULT OF MY PARTICIPATION IN THE ACTIVITIES, AND I ACCEPT TO PARTICIPATE IN THE ACTIVITIES FREELY.

### Behind You Culture Policy

Creating a culture, atmosphere, and experience that produces incredible change and inspiration for TWBY Wellness Clients will continue to be one of the highest priorities.

1. Understand that your TWBY, Trainer(s) has your best interest in mind.
2. You must understand that it is entirely up to you to put in the work needed to get amazing results. Coach Aja is Certified in Nutrition, and a Certified Personal Trainer. She is in not a Registered Dietician. Her purpose is to a help her clients cultivate a healthy relationship with food and live out a healthy, fulfilling lifestyle.
3. Experience has shown that consistency, progression, and priority is the keys to your success. Be consistent with your training and nutrition, always try to get better and make it a priority to get results. Doing these three things, you will be well on your way to success.

If this waiver is delivered by any electronic means whatsoever and said delivery shall be of the same force and effect as the delivery of an original signature.

Name\_\_\_\_\_

Date\_\_\_\_\_

Signature\_\_\_\_\_