

MADELAINE MILLER, PERSONAL TRAINER
WAIVER & RELEASE FORM

Because physical exercise can be strenuous and subject to risk of serious injury, Madelaine Miller, Personal Trainer, urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that if you engage in any physical exercise or activity, you do so **entirely at your own risk**. Any personal training instruction or recommendation for changes in diet including the use of food supplements, weight reduction and or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any exercise, dietary or food supplement changes. You agree that you are voluntarily participating in these activities **and assume all risks** of injury, illness, or death.

This waiver and release of liability includes, without limitation, all injuries which may occur as a result of, (a) your participation in any activity, class, program, personal training or instruction, or (b) instruction, training, supervision, or dietary recommendations.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **release of liability**. You expressly agree to release and discharge Madelaine Miller, Personal Trainer, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against Madelaine Miller, Personal Trainer for personal injury or property damage.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of Madelaine Miller, Personal Trainer.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Dated: _____

PRINT NAME