

Assumption of Risk, NetWalking participation, Waiver of Liability

This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical that you read and understand it completely. After you have done so, please print your name legibly in the spaces provided at the bottom.

I, _____ have volunteered (enrolled) to participate in a program of physical exercise with NetWalking under the direction of Pam Sullivan, Stacy Garceau, Dale Schultz and Angie Utter, which will include, but may not be limited to, aerobic type exercise (such as walking), and stretching. In consideration of my participation in the NetWalking exercise program, I hereby release of Pam Sullivan, Stacy Garceau, Dale Schultz and Angie Utter from any claims, demands and causes of action arising from my participation in the NetWalking exercise program, including any claims that might be brought by my heirs and assigns. I, _____ recognize that exercise might be difficult and strenuous and that there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure, fainting, heart attack, and in rare instances, death. I fully understand that I may injure myself as a result of my participation in of Pam Sullivan, Stacy Garceau, Dale Schultz and Angie Utter's NetWalking exercise programs and, I hereby release of Pam Sullivan, Stacy Garceau, Dale Schultz and Angie Utter, and NetWalking from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, illness, soreness or injury however caused, occurring during or after my participation in the exercise program. "I recognize that an examination by a physician should be obtained by all participants prior to involvement in any exercise program.

If I, _____ have chosen not to obtain a physician's permission prior to beginning this NetWalking exercise program with of Pam Sullivan, Stacy Garceau, Dale Schultz and Angie Utter. I hereby agree that I am doing so at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/or exercises in which I participate. I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary. As a participant of of Pam Sullivan, Stacy Garceau, Dale Schultz and Angie Utter's NetWalking exercise program I have the right to terminate a particular exercise or workout at any time. If an exercise is uncomfortable or painful or if I want to stop for any reason, I may do so.

Participant's signature

Date

Please print name