

Limitless results Online Coaching Waiver

I (The Client) Hereby certify and acknowledge:

That Larni Ruane (In association with Limitless Results personal training & online coaching).

An independent personal trainer and nutritional advisor has advised me prior to my commencement of participation in cardiovascular, resistance training programs, and diet that such participation could result in physical injury.

That I, freely and knowingly assume the risk in such programs, and I hereby waive any right, claim, or cause of action against Mr. Larni Ruane and release him/ or with Limitless Results personal training & online coaching from any liability for any injury, illness, cost, damage expense or claim, which I or anyone on my behalf might incur as a direct or indirect result of my participation in this cardiovascular, resistance-training program and diet.

That I, fully understand that the advice given is hypothetical and not given from a medical or nutritional professional.

That I, have read this Liability Waiver form, understand and agree with each of the foregoing points, and have received a copy of this release form on this date. A tick of the box above will be taken as an agreement of this liability waiver form and also confirms that the information I have provided to Larni Ruane is correct and true,

I acknowledge that it is my responsibility (the client) to consult the advice of a medical professional / Gp / Physician prior to undertaking a coaching plan & where applicable if necessary to have undergone proper checks such as getting bloodwork done to ensure health is satisfactory & you have no major health issues.

By signing this waiver, you are agreeing and committing to the minimum term of 12 - weeks' worth of coaching where payment for services will be taken via direct debit at an agreed upon date of commencement of coaching services i.e. – start date, payment for each new month will be taken on the same date/time once per month for the specified minimum duration.

Termination of services is only valid under extenuating circumstances and decided on a case-by-case basis (such as sustaining injury, etc.) evidence must be provided to justify cancellation of services, this must be agreed prior by both parties in writing.

Signed:

Date:



Physical activity readiness questionnaire

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PARQ will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly by highlighting either YES or NO.

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

If you answered YES to one or more questions, talk with your doctor by phone or in person **BEFORE** you start becoming much more physically active or **BEFORE** you have a fitness appraisal. Tell your doctor about the PARQ and which questions you answered YES.

You may be able to do any activity you want as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice

find out which community programmes are safe and helpful for you