



Informed Consent:

During the training sessions fitness testing will be done to measure progress, These physical fitness test include: Cardiorespiratory fitness, muscle strength and endurance, body composition, and flexibility testing.

The most physically demanding tests will be the cardiorespiratory and muscular strength and endurance tests. Depending on the clients level of fitness, the client may be asked to perform a 3 minute step test on a 12 inch box. Clients may also perform walking and or running to assess cardiorespiratory function and fitness level. Sub-maximal stress tests may also be administered to measure lactate and anaerobic thresholds. Muscle strength and endurance testing may also be conducted. Tests would include the curl-up or sit-up test which measures abdominal strength and endurance. Many clients will perform the YMCA bench press or the push-up tests. Few clients will perform 1 repetition maximum load bench presses. Most clients will perform sub maximal loads and max loads will be estimated. Flexibility tests will also be administered to measure lower back flexibility.

Problems during fitness testing is very rare but can occur. All tests will be conducted to ones fitness level and all tests will be sub maximal. During sub maximal tests clients will be observed by a trainer to make sure the client is responding to the training and that no complications will occur. If complications do occur the test will be stopped immediately.

By signing this informed consent you acknowledge that you have read and understand the test being conducted. That you are aware that with any fitness testing complications can occur. In addition you have asked any questions you have about the tests and all questions have been answered to your satisfactory. During these tests Lifelong Fitness will ensure your health and safety and that you entered the test willingly and can withdraw from the tests at anytime.

Any information obtained from the fitness tests will be confidential and any information will not be released without written authorization of the client.

Women over 54 years of age and all men over the ages of 44 are highly recommended too have a physical examination from their physician before participating in a exercise program. By signing below you understand and acknowledge the importance of a physical examination and if one does not have a physical examination he or she takes full responsibility to personal damage that may occur during a training session. If personal damage may occur that Lifelong Fitness will not be held accountable.

Clients Signature _____

Date _____