



## The Parkinson's Fitness Project's "Daily Dose" Waiver/Release Form

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I (the client) hereby acknowledge and/or agree to the following:

1. Acknowledges that fitness training is another tool for teaching individuals about themselves, but the trainer does not guarantee neither good nor bad will occur, nor guarantees the coaching advice given by the trainer will produce good nor bad results.
2. Acknowledges that the client assumes the risks of participating in these types of activities, that they are fit, and they have a regular medical physician they can contact regarding any medical problems they may develop. The client expressly waives, release, discharge, and agree not to sue the trainer or company for any liability of death, disability, personal injury, or action of any kind regarding the participation in the fitness programs, the said video and/or fitness activities.
3. The client agrees that this is the full agreement between the parties, that the trainer nor anyone else has verbally contradicted any of these terms of this release and that the undersign has entered into this agreement free and voluntarily without force or coercion.
4. The client agrees and is aware that results may vary. Always consult your physician and follow all safety instructions before beginning any exercise program. The information on our site is not intended to diagnose any medical condition or to replace the advice of a healthcare professional. If you experience any pain or difficulty with exercises or diet, stop and consult your healthcare provider.

Please sign below to acknowledge the information above is accurate, to the best of your knowledge.

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_