5975 Topaz Street Las Vegas,
NV 89120
Website www.morefit.online
Email info@morefit.online
Phone (702)882-3046

MORE FIT

PLEASE PRINT CLEARLY:

Participant's First/Last Name: _____

Parent/Guardian (if player is under 18 yrs. old): _____

DOB: ____/____/____ Male / Female (Circle One)

DOB: ____/____/____

Address: _____

City: _____

State/ZIP: _____

PHONE Number: _____

Alternate PHONE Number: _____

Email: _____

In Case of EMERGENCY, please contact: _____

Relationship to Participant: _____

Phone #1: _____

Phone #2: _____

I agree and consent to the following **INFORMED CONSENT AND LIABILITY WAIVER RELEASE FOR PARTICIPATION IN EXERCISE PROGRAM**: _____

I am voluntarily participating in the **MORE FIT, LLC Exercise/Fitness/and Nutrition Program** conducted by **MORE FIT, LLC and Independent Personal Trainers**. I recognize that the program requires physical exertion that may be strenuous at times and may cause physical injury and I am fully aware of the risks and hazards involved.

I understand that it is my responsibility to consult with a physician prior to and regarding my participation in the above mentioned program. I have no medical condition that would prevent my participation in the program, if that changes or if I experience any discomfort, I will notify my personal trainer immediately. In the event that, through the screening process with my personal trainer, I have been determined to be other than apparently healthy; I have been given a physician's release, as required by my personal trainer to exercise. I am taking no medications that may adversely affect my fitness activities; and, with or without physician's restrictions, this information has been given to my personal trainer, verbally or in writing. In addition, I acknowledge that if my health changes or if I do not feel comfortable at any given time with any part of the fitness programming, it is my responsibility to recognize the change, inform my personal trainer and seek medical advice to help me decide if my continued participation in the fitness program, or any part of the fitness program, is still right for me.

I agree to assume full responsibility for any risks, injuries or damage known or unknown which I might incur as a result of participating in the program. Such injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness, including death.

I voluntarily waive any claims, demands, and causes of action; I may have against MORE FIT, LLC and Independent Personal Trainers for injury or damages that I may sustain as a result of participating in the program. I, myself, my personal representatives, administrators, heirs, and assigns, hereby waive, discharge and covenant not to sue MORE FIT, LLC and Independent Personal Trainers for any injury or death caused by negligence or other acts.

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I agree and consent to the following **Fitness Participant Disclosure Agreement**: _____

As a condition of participation in the fitness program, Participant agrees to supply certain information concerning Participant, contact information (address, phone numbers, emergency phone numbers) and participant's physical and mental condition (Health Data, Assessment Screening, before and after Pictures, and videos) to MORE FIT, LLC.

- Participant's Health Data will be supplied to MORE FIT for the purposes of:
  - Assessing whether the fitness program is suitable for the Participant
  - Outlining a Fitness and Nutritional program for the Participant
  - Assessing the Participant's fitness progress.
- MORE FIT agrees to hold the Participant's Health Data Confidential except as may be required to disclose under any law or by order of a court, and except as stated below:
  - Participant agrees that MORE FIT, LLC may provide such Health Data to 3rd parties in a form that does not associate the Participant's name or contact information with the Participant's HealthData.
  - Participant grants MORE FIT, LLC the right to photograph, video, and publicity on social media, brochures, commercials, and other marketing systems.
- MORE FIT, LLC agrees that the Participant's contact information will not be used in a manner that subjects the Participant to solicitation for other products or services except those offered by MORE FIT and Affiliations.

I HAVE READ THE ABOVE WAIVER AND RELEASE OF LIABILITY / FITNESS PARTICIPATION DISCLOSURE AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I VOLUNTARILY AGREE TO THE TERMS AND CONDITIONS STATED ABOVE.

_____Date: _____/_____/_____
Player/Participant Signature

_____Date: _____/_____/_____
Signature of parent (if participant is under 18)