



*5 More Personal Training, Inc.*

## PERSONAL TRAINING CLIENT PACKAGE



### Included in this package you will find:

- Personal Training Policies
- Release, Waiver and Assumption of Risk
- Physical Activity Readiness Questionnaire (PAR-Q)

### Instructions:

- Please read and complete each form accurately and completely; medical clearance may be required.
- Please bring completed forms to your first personal training session.

### Please note:

- 24 hours notice is required to change or cancel appointments.
- Trainer bios are available on our website at <http://www.5morept.com/subs/team.html>

Please call **416-274-4038** or email **info@5morept.com** if you have any questions.

**Motivate you... Push you... Encourage you... to do... 5 More**

Website: [www.5morept.com](http://www.5morept.com)



Email: [info@5morept.com](mailto:info@5morept.com)



## 5 More Personal Training, Inc.

# PERSONAL TRAINING POLICIES

Thank you for selecting 5 More Personal Training, Inc. services. The following policies have been established so that we can provide you with an efficient and professional personal training service.

### Documentation Requirements

Personal Training clients will be required to have the following documents signed and to bring them to the first personal training session:

1. Personal Training Policies
2. Release, Waiver and Assumption of Risk
3. Physical Activity Readiness Questionnaire (PAR-Q)\*

*\* If you answer **Yes** to one or more of the questions on the PAR-Q, you **MUST** provide the personal trainer with a note from the doctor approving your plans of fitness.*

### Payment

Payment for personal training sessions **must be made prior to** your session with your trainer. Payment is to be made at the fitness desk in the Fitness Centre and not out on the Fitness Centre floor. Cash or cheque are accepted. Please make cheques payable to "5 More Personal Training, Inc.". Returned cheques by the bank because of Non-sufficient funds will be charged a \$30.00 administration fee.

### Cancellation

To cancel or re-schedule an appointment, please contact your trainer 24-hours in advance of the scheduled appointment. Cancellations within 24-hours will be charged the session rate. For holidays, extended absences or permanent cancellations a 2 week notification is required. This gives the trainer the ability to re-schedule your allotted time.

### Length of Session

A 5 – 8 minute grace period will be implemented at the end of each session so that there is a smooth transition between clients. During this grace period, you can arrange for the next session, ask training specific questions, etc.

### Tardiness

Your punctuality is important! Please arrive early enough to change and warm-up for your scheduled appointment. If you should arrive late, your session will finish at the pre-arranged time. Please be advised that your trainer is required to wait 15 minutes for a scheduled appointment, after which time the session is subject to cancellation and you will be charged for a full session.

### Refunds

Personal Training clients that had pre-purchased a package of personal training sessions and are unable to complete the unused portion of the package due to illness or extenuating circumstances, will be eligible for a refund for the unused sessions, minus a \$15.00 processing fee. This refund is based upon the approval from the personal trainer and the managing team of 5 More Personal Training, Inc.

### Appropriate Attire

Personal Training clients must dress in comfortable and safe attire for each personal training session. A clean t-shirt, shorts, tights, athletic shoes (shoes must be supportive and functional).

### Policy Changes and Rate Increases

5 More Personal Training reserves the right to review and adjust the personal training policies and fee schedule without prior notification.

### Medical Condition Change

Please notify the Personal Trainer if your physical condition changes, and/or receive medication for the first time, and/or your current medication dosage changes.

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### Client Agreement

By signing below, I acknowledge that I understand and agree to abide by the Personal Training Policies as stated above.

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Client Signature

Date

---

Personal Trainer

Date

---

Administrator

Date



## WAIVER, RELEASE, AND ASSUMPTION OF RISK

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 and sign in the spaces provided at the bottom.

### Waiver, Informed Consent, and Covenant Not to Sue

I, \_\_\_\_\_, have volunteered to participate in a program of physical exercise under the direction of any Personal Trainer of Five More Personal Training, Inc., which will include, but may not be limited to, weight and/or resistance training, cardiovascular training, and mat science training. In consideration of the Personal Trainer's agreement to instruct, assist, and train me, I do here and forever release and discharge and hereby hold harmless the Personal Trainer, and his/her respective agents, heirs, assigns, contractors, and fellow employees from any and all claims, demands, rights of action, or causes of action, present or future, arising out of or connected with my participation in this or any exercise program including any injuries resulting therefrom. **THIS WAIVER AND RELEASE OF LIABILITY INCLUDES, WITHOUT LIMITATION, INJURIES WHICH MAY OCCUR AS A RESULT OF: 1) EQUIPMENT THAT MAY MALFUNCTION OR BREAK; 2) ANY SLIP, FALL, DRIPPING OF EQUIPMENT; AND 3) OUR NEGLIGENT INSTRUCTION OR SUPERVISION.**

### Assumption of Risk

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; disorders in heartbeat; heart attack; and, in rare instances, death.

I understand that as a result of my participation in an exercise program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life.

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 exercise program with a Personal Trainer with Five More Personal Training, Inc., 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.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS WAIVER AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST ANY PERSONAL TRAINER OF FIVE MORE PERSONAL TRAINING, INC. FOR HIS/HER NEGLIGENCE OR THAT OF HIS/HER FELLOW EMPLOYEES, AGENTS, OR CONTRACTORS.

\_\_\_\_\_  
Participant's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Please print name

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

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 PAR-Q 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: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>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?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>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?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

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 PAR-Q 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 programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**



# PAR-Q & YOU

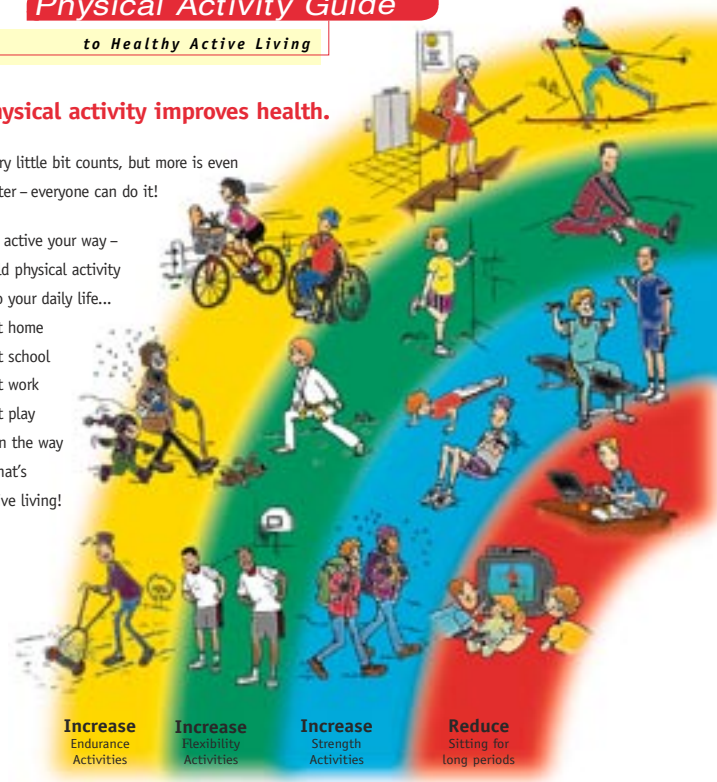
CANADA'S  
**Physical Activity Guide**  
to Healthy Active Living

## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

**Endurance**  
4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

**Flexibility**  
4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

**Strength**  
2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or [www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
60 minutes	30-60 minutes	20-30 minutes		
<ul style="list-style-type: none"> <li>• Strolling</li> <li>• Dusting</li> </ul>	<ul style="list-style-type: none"> <li>• Light walking</li> <li>• Volleyball</li> <li>• Easy gardening</li> <li>• Stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Biking</li> <li>• Raking leaves</li> <li>• Swimming</li> <li>• Dancing</li> <li>• Water aerobics</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Jogging</li> <li>• Hockey</li> <li>• Basketball</li> <li>• Fast swimming</li> <li>• Fast dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Sprinting</li> <li>• Racing</li> </ul>
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

## Benefits of regular activity: Health risks of inactivity:

- |                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                        |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• better health</li> <li>• improved fitness</li> <li>• better posture and balance</li> <li>• better self-esteem</li> <li>• weight control</li> <li>• stronger muscles and bones</li> <li>• feeling more energetic</li> <li>• relaxation and reduced stress</li> <li>• continued independent living in later life</li> </ul> | <ul style="list-style-type: none"> <li>• premature death</li> <li>• heart disease</li> <li>• obesity</li> <li>• high blood pressure</li> <li>• adult-onset diabetes</li> <li>• osteoporosis</li> <li>• stroke</li> <li>• depression</li> <li>• colon cancer</li> </ul> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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### FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

#### References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. **J. Clin. Epidemiol.** 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). **Can. J. Spt. Sci.** 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
Tel. 1-877-651-3755 • FAX (613) 234-3565  
Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

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