

### Informed consent form for exercise prescription

#### Programme objectives and procedures

I understand that the purpose of the exercise programme is to provide safe exercise to improve health and fitness. Exercises **may** include:

- Cardiovascular activities.
- Resistance training activities.
- Core and flexibility/mobility exercises to improve core stability and movement around the joints and range of motion.
- Motor skills training.

#### Potential risks

The exercise programme is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate.

#### Potential benefits

I understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- a decreased risk of heart disease
- a decrease in body fat
- improved blood pressure
- improvement in psychological function
- improvement in aerobic fitness.

The group exercise session has been explained to me and my questions regarding the session have been answered to my satisfaction. I understand that I am free to withdraw at any time. The information obtained will be treated as private and confidential.

Client's signature: \_\_\_\_\_

Date: \_\_\_\_\_

Witness's signature: \_\_\_\_\_

Date: \_\_\_\_\_