

MOVING WITH THE BREATH - CLIENT SCREENING NOTICE



SAFE EXERCISE POLICY

Moving with the Breath operates a safe exercise policy, which means whatever your age or ability you can improve your fitness gradually, effectively and safely. It always takes time to build fitness, so take your time in any class and improve gradually.

CLIENT SCREENING

Any information provided will be treated with respect and confidence.

Persons undertaking this exercise program and the use of any equipment at their own risk and acknowledge that no liability of any kind can be placed on the instructor, owner of the equipment or the owner of the premises.

If you have any medical problems or have not undertaken exercise for a considerable period you should consult your doctor before starting any exercise program. Please read the notes below and notify your teacher if you have any medical problems and confirm that you have consulted your doctor who has advised you that it is in order for you to exercise. Do not exercise if you feel unwell.

Please sign below to acknowledge you have read and understood the above.

EMAIL ADDRESS	
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Name	Signature	Date	Address
			Tel:
D.O.B	NOK	Name:	Tel:

Do you have or have you had – (circle any that apply to you and provide details in the space below)

- High/low blood pressure
- Bronchitis, asthma or any respiratory condition
- Diabetes
- Joint pain or joint injury
- Are you currently taking any medication
- Back pain or back injuries
- Recovering from an operation or illness
- Pregnant or have you had a baby in the last two months
- Other

If yes, please provide details and discuss with your teacher

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