



## NEW MEMBER BOOKLET



### MEMBER INFORMATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Cell Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

**By offering this information you allow us to contact you via email, call, or text for important studio updates, promotions and announcements.**

Open Gym Orientation Completed By \_\_\_\_\_

#### YES NO

- Would you be interested in a FREE meeting with a nutritionist?
- Would you be interested in a FREE meeting with a personal trainer

### PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is safe for most people. However, some people should check with their doctor before they start becoming more physically active.

If you are planning to become 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.

#### YES NO

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- Is your doctor currently prescribing drugs (for example, water pills) for blood pressure or a heart condition?
- Do you know of any other reason why you should not do physical activity?

### IF YOU ANSWERED 'YES' TO ONE OR MORE QUESTIONS

Talk to your doctor by phone or in person BEFORE you start becoming 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.

### IF YOU ANSWERED 'NO' TO ALL QUESTIONS

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

- Start becoming 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 life actively.

### 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.

I, the undersigned, hereby agree to participate in an exercise class, nutritional services and/or program ("Program") offered by MultiSport Fitness, LLC. I understand that there are inherent risks in participating in a program of strenuous exercise and altering my nutrition. I warrant and represent that I am in acceptable health and that I may participate in the Program. By signing up and/or attending any Program, I am confirming that I have not been instructed by a physician not to do so. I agree that I have been honest in my statements regarding my health and medical history and if there are any medical or health conditions or problems. I further agree to obtain a physician's clearance before participating in the Program. If restrictions exist, I will inform MultiSport Fitness, LLC at the time and allow MultiSport Fitness, LLC to contact my physician for additional information.

I agree that MultiSport Fitness, LLC shall not be liable or responsible for any injuries to me or illnesses resulting from my participation in the program and I expressly release and discharge MultiSport Fitness, LLC, and its employees, agents, and assigns from all claims, actions or judgments which I or my heirs, executors, administrators or assigns may have or claim to have against MultiSport Fitness, LLC, and/or its employees, agents and assigns for all injuries, illnesses or other damage which may occur in connection with my participation in the Program. This release shall be binding upon my heirs, executors, administrators, and assigns.

MultiSport Fitness, LLC hereby also advises that if, in the opinion of a MultiSport Fitness, LLC staff member, you may be a physical risk or you may cause physical risk to others by attending a class or activity or by using facilities belonging to MultiSport Fitness, LLC, we reserve the right to prevent you from participating in this activity or class.

I have read this release and agreement and I understand all of its terms. I execute it voluntarily and with full knowledge of its significance.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent if under 18

Print Name \_\_\_\_\_ Date \_\_\_\_\_  
Youth Participant and Parent if Applicable

Email \_\_\_\_\_ Cell Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Contact Phone \_\_\_\_\_

### PHOTO AND VIDEO DISCLOSURE

As a member, your photo or a live video may be shared in a public forum. If you object to this then it is your responsibility to notify the instructor, manager and/or owner prior to publication.

Assess your health needs by marking all true statements.

### HISTORY

- A Heart Attack
- Heart Valve Disease
- Heart Surgery
- Heart Failure
- Cardiac Catheterization
- Heart Transplantation
- Coronary Angioplasty (PTCA)
- Congenital Heart Disease
- Pacemaker/Implantable Cardiac Defibrillator/  
Rhythm Disturbance

### SYMPTOMS

- You experience chest discomfort with exertion
- You experience dizziness, fainting, blackouts
- You experience unreasonable breathlessness
- You take heart medications

### OTHER HEALTH ISSUES

- You have diabetes
- You have concerns about the safety of exercise
- You have asthma or other lung disease
- You take prescription medication(s)
- You have burning or cramping in your lower legs when walking short distances
- You are pregnant
- You have musculoskeletal problems that limit your physical activity

If you marked any of the statements in this section, consult your physician or other appropriate healthcare provider before engaging in exercise. You may need to use a facility with a **medically qualified staff**.

### CARDIOVASCULAR RISK FACTORS

- You are a man older than 45 years.
- You don't know your cholesterol level.
- You are a woman older than 55 years, you have had a hysterectomy, or you are post-menopausal.
- You have a close blood relative who had a heart attack before age 55 (father or brother) or age 65 (mother or sister).
- You smoke, or quit within the previous 6 months
- You are physically inactive (i.e., you get less than 30 min. of physical activity on at least 3 days per week).
- Your BP is greater than 140/90.
- You are more than 20 pounds overweight.
- You don't know your BP.
- You take BP medication.
- Your blood cholesterol level is >200 mg/dL.

If you marked any of the statements in this section, you should consult your physician or other appropriate healthcare provider before engaging in exercise. You might benefit by using a facility with a **professionally qualified exercise staff** to guide your exercise program.

If none of the sections above apply, you should be able to exercise safely without consulting your physician or other healthcare provider in a self-guided program or almost any facility that meets your exercise program needs.