



Living Well @ Western Disclaimer, Release, and Waiver Form

Not all exercises are suitable for everyone. Each person has a different capacity for participating in exercise. You should be aware of your fitness, health status, and skill level before commencing this exercise program. You understand and acknowledge that part of the risk involved in undertaking any physical activity or exercise is relative to your own state of fitness or health status. If you are concerned about whether the exercises in this program are right for you, please consult with your physician or health care provider before beginning the program.

Your choice to participate in this program brings with it the assumption of risks, including, but not limited to episodes of light-headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps, nausea, abnormal heartbeat etc. If you experience any signs of light-headedness, fainting, chest discomfort, leg cramps, nausea and/or any other abnormal symptoms, you should immediately contact your physician or health care provider for follow-up and cease the activity or exercise in question. You freely consent to participate in this program and understand, accept, and assume all such risks to which you may be exposed, known and unknown, foreseeable and unforeseeable, and assume all responsibility for any personal injury, death, property damage or loss resulting therefrom.

Western University does not accept any liability for damages and claims arising out of your participation in the program. You agree to waive any and all claims against Western University, and its employers, officers, governors and agents (collectively, the "Releasees"), and to release the Releasees from any and all liability for any injury, loss, damage, and expense that you may suffer as a result of your participation in the program due to any cause whatsoever, including negligence, breach of contract, or breach of any statutory obligation or other duty of care.

I confirm that I have read and understand this Disclaimer, Release and Waiver and I am aware that I am waiving certain legal rights which I may have against the Releasees.

Name

Date