



PAIGE BAKER FIT WITH PAIGE RELEASE OF LIABILITY

I _____ hereby accept all risks associated with my participation in personal training with Paige Baker FIT WITH PAIGE, release and forever discharge Paige Baker, from any and all responsibilities or liability from injuries or damages resulting from or connected with my participation in any of the exercise programs whether arising from the negligence of Paige Baker or otherwise.

1. I acknowledge and fully understand that I will be engaging in training activities that potentially involve the risk of serious injury, permanent disability or death. Other possible risks may include social and economic losses which might result not only from Paige Baker's own actions, inactions, or negligence, but the actions, inactions, or negligence of others, the condition of the premises or any equipment. Further, that there may be other risks not known or not reasonably foreseeable at this time. I hereby assume full responsibility, for all the foregoing risks, known or unknown, and accept responsibility for the damages following any injury, permanent disability, or death.

2. I further acknowledge and understand that Paige Baker, is not a licensed dietician or physician and that any information or guidelines provided by Paige Baker Fitness for You carries no warranty of any kind, expressed or implied, including, but not limited to, warranties regarding safety or suitability for a particular purpose.

3. Paige Baker FIT WITH PAIGE will implement the most effective principals to help the participant achieve his or her goals within the Trainer's scope of practice, but cannot guarantee that its products or workouts will be safe, effective or suitable for everyone. For that reason, all such products and services, programs, techniques and materials embodied in such products and services, are offered without warranties or guarantees of any kind, expressed or implied, and Paige Baker Fitness for You disclaim any liability, loss or damages that my result from their use.

4. I agree to disclose any physical limitations, disabilities, ailments, or impairments that may affect my ability to participate in said fitness program.

5. I also acknowledge that some exercise programs might be held outside, and hereby accept all risks associated with all offsite exercise programs.

6. I have read this document in its entirety and agree to adhere to all its precepts, as well as all other terms and conditions of the Paige Baker FIT WITH PAIGE training program. I understand the risks and benefits of the program and any questions that I may have had have been answered to my satisfaction. Upon participation, I do hereby discharge, release and hold harmless Paige Baker, and Paige Baker FIT WITH PAIGE from any and all liability for damage claims or losses of any kind or character whatsoever resulting from any injury or condition I may suffer, or resulting from my participation except if such damage(s) or injury(s) is primarily the direct result of gross negligence or misconduct of Paige Baker and not caused in part by my own negligence.

Participant's Signature or Signature of Parent/Legal Guardian

Date

(If participant is under the age of 18)