

# NVBfitness

Studio • Online • Home • Fun

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I acknowledge that I have answered "YES" to one or more questions on the Par Q form ... However, I choose NOT to consult with my doctor BEFORE starting an exercise program and assume ALL responsibility for my health & wellness during my ONLINE and / or IN PERSON Personal Training Sessions with Nelson Beltjar (American Council on Exercise - Certified Personal Trainer) and expressively release and discharge Nelson Beltjar, The Libra Fitness Personal Training Studio (LibraFitness.ca), their Staff, and their Participants at 1116 Dundas Street East Toronto, Ontario M4M 1S1 from ALL liability of death, disability, and personal injury

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Printed Name (Adult)

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Signature (Adult)

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Date

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Phone Number

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Witness (Printed Adult)

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Witness (Signature Adult)