

## HIIT Indemnity Declaration

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_  
 Address: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Mobile Number: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Are you currently exercising?  
 Emergency Contact No: \_\_\_\_\_ How did you hear about MiiTime?

Question please answer all questions accurately	Yes	No
Have you had a recent Operation involving hospital admission?  If yes, please clarify....		
Are you currently suffering from any physical injuries?  If yes,please clarify....		
Do you suffer from High or Low Blood Pressure?  If yes,please clarify....		
Do you have any heart related defects (e.g. murmur, skipped beats, palpitation) or other problems ? If yes,please clarify....		
Are you taking any medication that could cause a problem during exercise?  If yes,please clarify....		
Do you suffer from shortness of breath following light exertion?  If yes,please clarify....		
Dizzy spells or episodes of fainting following light exercise?  If yes,please clarify....		
Pain, tightness or heaviness in the chest area?  If yes,please clarify....		
Lower leg pain whilst walking which is relieved at rest?  If yes,please clarify....		
Is there any other reason why you should not undertake this type of fitness class?		

I confirm that I have answered the questions above as honestly and accurately as I am able and that I am fit to undertake a physical exercise programme. I the undersigned know of no reason why I should not undertake this HIIT class. I do not suffer from any medical conditions that would prevent me from participating in such a class. Should my health/medical circumstances change I will inform the trainer prior to participating in the class. I am fully aware that MiiTime needs to store the above data & health information in order to offer a safe & effective service to me 'the client' and I am also aware the above information will be stored safely for 7 years after my last session for insurance purposes.

I am happy to join the MiiTime Community & to receive the latest information & offers Y/N (please circle)

I am also aware I can email to withdraw consent at any time by email to [jane.miitime@gmail.com](mailto:jane.miitime@gmail.com) Y/N (please circle)

For more information find MiiTime Privacy Policy at <https://www.miitime.co.uk/miitime/privacypolicy/>

I acknowledge that 24 hours notice of cancellation

<b>Signature:</b> _____	<b>Date:</b> /    /
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