



Member's health declaration

You warrant, declare and acknowledge that:

- 1) The information provided by entering into the agreement is correct and up to date and will be relied upon by our company.
- 2) Our staff are not medically qualified and should you have any concerns over your health and fitness you should seek independent medical advice before participating in any form of exercise on the premises.
- 3) If you have any pre-existing medical conditions, you have consulted your medical professional or general practitioner before beginning to use our facilities and services.
- 4) To the best of your knowledge and belief you are in good physical health and not knowingly incapable of engaging in either active or passive exercise that could be detrimental to your health and safety. We would need to be notified immediately should your physical health or vulnerability to injury changes.
- 5) This agreement will become legally binding upon both parties once you have clicked the relevant box.
- 6) If at any time while you are performing any exercise or activity that you feel unwell, have any discomfort or any pain then you should stop immediately and contact a medical professional.
- 7) You are responsible for your health and wellbeing. However, we at Acorns Health and Fitness do want to ensure that you are using the equipment and facilities safely. To that requirement we should expect the following of each other
 - We reserve the right to ask you not to exercise beyond what you would consider to be your personal ability

- We shall endeavour to ensure a safe, secure environment to enjoy your exercise
- All of our fitness staff qualifications are up to date to fitness industrial standards
- We shall keep confidential any information you give us regarding your health.