

WAIVER & RELEASE OF LIABILITY

With my signature below, *I affirm that I am in good physical condition and do not suffer from any disability that would prevent or limit my participation in this exercise program* which may include aerobic, high impact, and weight training activities.

I fully understand that I may injure myself as a result of my participation in this exercise program and release Amy Gonsalves and Diabetes Outside from any liability now or in the future for injuries including but not limited to: muscle strains, pulls or tears, broken bones, shin splints, heat exhaustion, knee, back or foot injuries, heart attacks, death or any other illness, soreness or injury however caused, occurring during or after my participation in the exercise program.

I further agree that all exercises including the use of weights, number of repetitions, and use of any and all equipment designed for exercising shall be at my own risk. I hereby waive, release, and forever discharge Amy Gonsalves of any and all responsibilities or liability for any claims, demands, injuries, damages, or actions arising due to injury to my person or property arising out of or in connection with my participation in this exercise program. *I represent that I have read and understand this Waiver and Release of Liability* and acknowledge that Amy Gonsalves is relying on my statements in this release.

Signature	Date
Name	
Address	
City/Zip	
Email	
Phone	