



Health Commitment Statement

Your commitment to Tekk:Fitt

You should not exercise beyond your own abilities. If you know, or are concerned that you have a medical condition which might interfere with you exercising safely, before you conduct exercise you should get advice from a relevant medical professional and follow that advice.

Accepting potential risks

Whilst for most people exercise is hugely positive with many health benefits, there remains some risk that I require you to be aware of and that are at times out of our control.

Confidentiality

All information you give me will be kept in confidence. Your personal details and medical information will not be made available to third parties unless permission to do so is granted by you.

Recommendations

Using my judgement and experience, I will suggest certain exercises and other lifestyle advice that I believe will help you achieve your personal goals, but if at any time you have specific requests please tell me so I can accommodate them.

Referral

I intend to work with you within the scope of my knowledge and competencies as an Exercise Professional. Therefore, when I believe it is in your best interests to see another health professional, I will refer you appropriately

Cancellation of Training Sessions

Client shall provide 48 hours notice of any necessary cancellation of a scheduled training session. Failure to provide 48 hours notice, will result in the client being charged full rate for the cancelled/missed training session.

Notice Period

Payment will be rolling monthly to accommodate the sessions that you have booked in. If you wish to stop your monthly class sessions at any point I do require a 30 day cancellation notice to allow myself to plan ahead & to bring your sessions to a close.

Name

Date

Signature

