

Physical Activity Risk Acknowledgment Form

Please read the following information carefully and acknowledge your understanding of the potential risks associated with physical activity.

Risks Associated with Physical Activity

- Injury to muscles, joints, or ligaments
- Cardiovascular complications (including, but not limited to, elevated heart rate or abnormal blood pressure)
- Dizziness, fainting, or loss of balance
- Other unforeseen risks or discomforts

While proper supervision and guidance are provided, it is not possible to guarantee complete safety. Your participation is voluntary and you are free to stop at any time.

Acknowledgment and Consent

By completing and signing this form, you confirm that you have read and understood the above information and voluntarily assume the risks associated with physical activity.

Participant Name

Date

Signature