

Name: _____ Email: _____ Phone number: _____

Date of Birth: _____ Male/Female _____ Date: _____

Please circle response

1.	Has your doctor ever told you that you have a heart condition or have you ever suffered a stroke?	Yes	No
2.	Do you ever experience unexplained pains in your chest at rest or during physical activity/exercise?	Yes	No
3.	Do you ever feel faint or have spells of dizziness during physical activity/exercise that causes you to lose balance?	Yes	No
4.	Do you suffer from a condition that may cause you to lose control of your consciousness such as epilepsy?	Yes	No
5.	If you have diabetes (type I or type II) have you had trouble controlling your blood glucose in the last 3 months?	Yes	No
6.	Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months?	Yes	No
7.	Are you on medication to treat high blood pressure?	Yes	No
8.	Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise?	Yes	No
9.	Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise?	Yes	No

IF YOU ANSWERED 'YES' to any of the 7 questions, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity/exercise. In order to proceed with exercise at VERO Fitness, please have your GP sign the reverse of this form stating your full name and that you have been cleared to exercise.

IF YOU ANSWERED 'NO' to all of the 7 questions, and you have no other concerns about your health, you may proceed to undertake light-moderate intensity physical activity/exercise please continue to sign below.

I believe that to the best of my knowledge, all of the information I have supplied on this form is correct and I agree to the VERO Fitness terms and conditions.

Terms and conditions can be found below or on the website www.verofitness.com.au

Signature: _____ Date: _____

I understand and acknowledge that exercise programs, personal training sessions, exercising, the use of exercise equipment and physical activity including but not limited to unsupervised use of weightlifting, walking, boxing, running, and use of various conditioning and exercise equipment involves the risk of injury. I understand and accept the risks of injury, including heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heart palpitations, knee/lower back injuries, back and foot injuries, repetitive strain injuries and the like which might arise from an exercise program or the use of exercise and/or conditioning equipment and similar facilities.

I have answered all the questions correctly and to the best of my knowledge. I also understand that this information may be used as a guide only for a Personal Trainer to assess my current health status, and that any assessment does not replace the advice of a general medical practitioner. I acknowledge that it is my ultimate responsibility to ensure I can complete any prescribed exercise without harm. If I have impairment/s or medical condition/s or am requested by a VERO team member, I agree to seek the advice of a general medical practitioner with all information, including that provided by Vero or my Personal Trainer, relating to the nature of the exercise program, personal training sessions, physical activity or exercise equipment. I acknowledge and agree that VERO may perform any act necessary to comply with, or which it is specifically authorised to do so by legislation, including but not limited to work health and safety legislations. To this end VERO may be required to:

- a) Undertake a specific risk assessment for the purposes of identifying any hazards and minimising any risk which may arise from you using the Studio Facilities; and or
- b) Conduct further orientation sessions with you for the purpose of communication and informing you of any hazards and any control measures which have been or will be put in place to ensure, so far as is reasonably practical, your health and safety and the health and safety of others.

I acknowledge and agree that while VERO is performing any of these acts, my access to the facilities may be limited or restricted.

Why do you want to join Vero? Tick all that apply.

- Increase levels of general fitness
- Lose fat
- Increase muscle
- Increase stamina/ endurance
- Flexibility
- Reduce stress
- Community
- Health issues (please specify)

Other (please specify)

How did you hear about VERO?

- Current member
- Social media
- Website
- Open day
- Flyer
- Other

Which is of interest? (tick all that apply)

- Boxing
- HIIT
- Pump
- Circuit
- Run Club
- Bootcamp
- Stretch
- Yoga
- Pilates
- Spin
- PT
- Outdoor training
- Strength classes
- Mums and Bubs classes

If you could achieve one health/ fitness goal in the next 6-12 weeks at VERO Fitness, what would it be ?

Do you have a longer term goal (12-18 months)?

Do you have any friends/family who support you and are interested in training with you?

 Are you on Facebook? If so, please confirm your email that's linked with your facebook account so that we can invite you into our lively Facebook community - **Team VERO**.

WELCOME TO VERO FITNESS!

The VERO Fitness ethos:

VERO means truth. It also means conquer.

TRUTH we offer flexibility with no lock-in contracts. Our extensive range of classes offers you the best in fitness, not the fads. Our goal is to offer our members a chance to nurture every component of fitness in a fun, friendly community you will love training in.

CONQUER You will be stronger, faster and fitter than you ever thought possible. We can't promise you will love every minute but we can promise you will love the results. Our high intensity group sessions will do what they say, you'll feel the burn and be taken to the edge to conquer your goals.

OUR TRAINERS experienced in the fundamentals of fitness, not fads. Focused on health, they talk tough but care about you. If you're new to fitness no worries we have an introduction program for you. Know what you're doing? Good, get ready to push harder, much harder.

Showing up is only a component, we kindly ask that you take note of the "Team rules"

VERO Fitness is a group training and PT studio. Exercise can only be undertaken if an instructor is present.

- Be punctual. Out of courtesy to your instructor and other members, please aim to be a few minutes early to every class/ appointment.
- Download the VERO Fitness app and turn on your push notifications so you can be kept up to date with the latest and any changes to the timetable. (Ask front desk if you need a hand turning on push notifications).
- It's required that you book into your class at VERO Fitness using the app, this will allow the instructor to plan your classes effectively, giving you the best possible service.
- What happens if you've booked a class and can't make it? We know that life happens, so it's requested that you please remove yourself as soon as you're aware that you're unable to attend. This will allow another eager member to jump in should there be a waiting list.
- Bring a sweat towel, and use it. Sweat is great but out of courtesy to your fellow members please use a towel and wipe down any equipment you use. Disinfectant wipes are provided.
- Open lockers are provided for you to keep your bags, and off the studio floor. As you leave your items unattended your own risk, it's recommended you keep valuables at home.
- If you'd like to store your own yoga mat or boxing gloves in the studio, please speak with front desk.
- Lost property is marked in the open lockers, and will be cleaned out once a fortnight.
- **VERO Fitness** is proud of it's fun, friendly community. Banter is very welcome, disrespect isn't. Negative comments or attitude made towards other members won't be tolerated.
- Clean up after yourself. The only things you leave behind at VERO are sweat and inhibitions. Everything else goes with you or in the bin! (e.g water bottles, towels, tissues, wrappers etc). Please make use of the boxing inners and when you are finished, please place the in the bathroom laundry bin.
- With the view of keeping the studio as a healthy space to train within, please stay at home if you're feeling sick.
- Please pay attention when exercise instructions are being given - phones away, ignore the person next to you! This is for your own safety.

I acknowledge and sign that you have read and understood the following:

- The above team rules
- How to correctly pick up weights / heavy equipment
- Returned payment fees (\$10 fee per returned payment).
- Cancellation notice 2 week payment period

Name: _____ Signed: _____ Date: _____