

Non- BS Registration Form: Please complete the following registration form if you DO NOT have Blue Shield Northeastern New York insurance.
Checks can be made payable to Fitness Professionals On Demand, Inc. and mailed to 7 Locust Lane, Clifton Park, NY 12065

Class Name & Time:

Class Location:

First and Last Name:

Start Date:

Insurance Company:

Employer:

DOB:

Sex:

Address:

Phone Number:

Email Address:

Payment Mailed:

Waiver

I do not have any medical conditions that prohibit me from participating in this class. If there is any doubt, or if I have any chronic or acute medical problems, I have checked with my doctor and obtained a medical release and I have given my instructor a copy of this medical release.

Signature:

Date:

If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. (*ACSM's Health/Fitness Facility Standards and Guidelines, 1997 by American College of Sports Medicine)

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes

No

Do you feel pain in your chest when you do physical activity?

Yes

No

In the past month, have you had chest pain when you were not doing physical activity?

Yes

No

Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes

No

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes

No

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

Yes

No

Do you know of any other reason why you should not do physical activity?

Yes

No

If you answered YES to one or more questions Talk to your doctor BEFORE you start becoming physically active. If you answered NO to all PAR-Q questions, you can be reasonably sure that you can start becoming more physically active – begin slowly and build up gradually. Always seek your doctors advice if there is any question.