

Personal Details & Health Assessment Details

Name	
Telephone number	
Email address	
Emergency contact	
Name	
Telephone number	

It is inadvisable to do Pilates between 8 and 14 weeks of pregnancy or to re-start until at least 6 weeks after birth. Discuss your condition with your doctor before exercising.

		Yes	No
1	Has your doctor ever said that you have a heart condition and recommended only medically approved physical activity?		
2	Do you have chest pain or breathing difficulties brought on by physical activity?		
3	Have you developed chest pains at rest in the last month?		
4	Do you lose consciousness or lose your balance as a result of dizziness?		
5	Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by Pilates?		
6	Is your doctor currently prescribing medications for your blood pressure or heart condition (e.g. diuretics or water pills) or any other medical condition relating to your ability to exercise?		
7	Do you know of any other reason why you should not do physical activity?		
	If yes, please give details:		
8	If you are currently seeing a chiropractor, physiotherapist or osteopath for your injury please give their details below:		

Doctors Name & Address:

These Pilates sessions are not a substitute for medical counseling or treatment. If you have any doubts as to the suitability of the exercises, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation if :-

- you doctor has, on health grounds, advised you against such exercise
- you fail to observe instructions on safety or technique
- such injury is caused by the negligence of another participant in the class/studio

The exercise should be performed at a pace comfortable to you. PAIN is the body's warning system and should NOT be ignored. Please inform me if you are in any discomfort during the session.

Please advise of any changes in health issues before the session.

Signed

Client

Date

Teacher

Date