



Acknowledgment and Release

As shown by my signature set out below, I acknowledge and understand that the company fitness programs in which I may participate, including programs prepared or presented by the American Heart Association, might advocate or involve physical activity such as exercise, and that such activity is a potentially hazardous activity which may involve physical risks.

I expressly agree to assume all risk arising out of my participation in any company fitness programs. I further understand and agree that it is my responsibility to consult with a physician to determine my own fitness to engage in any and all activities associated with company fitness programs.

I agree that it is my responsibility to use equipment, clothing, and techniques appropriate to the activities related to the fitness programs, and that I am responsible for my own safety regarding participation in the company fitness programs. Accordingly, I expressly release and hold harmless the American Heart Association, its officers, directors, employees, agents, sponsors and volunteers with respect to any claims or damages related in any way to the company fitness programs.

Acknowledged and Agreed:

By: X _____

Print Name _____

By: X _____

Print Name _____

By: X _____

Print Name _____

By: X _____

Print Name _____

By: X _____

Print Name _____