



# Pilates

Name:	Contact Number:
Address:	Date of Birth:
	Sex:
	Occupation:
	Hobbies:
Email Address:	
EMERGENCY CONTACT NAME:	Contact Number:
Relation:	

1.	How did you hear about us?	
		Please Answer: YES / NO
2.	Has your doctor ever said that you have any sort of heart trouble or defect?	
3.	Have you had a major illness or injury in the last 5 years?	
4.	Are you receiving treatment for any diagnosed medical condition?	
5.	Are you taking any drugs or prescription medication which may affect your ability to exercise?	
6.	Is your blood pressure.... Low/Normal/High?	
7.	Do you lose your balance because of dizziness / do you ever lose consciousness, feel faint or dizzy?	
8.	Do you suffer from asthma, diabetes or epilepsy?	
9.	Have you ever been told that you have arthritic joints, osteoporosis or any bone or joint problem?	
10.	Do you have pain or restricted movement in any other joints (e.g. hip, ankle, shoulder)?	
11.	Have you had major surgery in the last 10 years?	
12.	Have you had minor surgery in the last 2 years?	
13.	Are you, or could you be pregnant? If yes, when are you due?	
14.	Have you been pregnant in the last six months?	
15.	Is this the first time you will have practiced Pilates in a class environment?	

<p>If you have answered yes to any of the above, please explain fully;</p>
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### Important information

- Please advise us before commencing any session if, for any reason, your health or your ability to exercise changes.
- Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting Pilates sessions if you are currently suffering from any medical conditions.
- These sessions are not a substitute for medical counselling or treatment. If you have any doubts about the sustainability of the exercises, you should refer back to your medical practitioner.
- The Teacher can accept no liability for personal injury related to participation of a session if; Your doctor has, on health grounds, advised you against such exercise. You fail to observe on safety or technique, or such injury is caused by the negligence of another participant in the class/studio.
- Exercise should be performed at a pace which feels comfortable to you. Please inform your teacher immediately if you feel any discomfort during a session. Please also inform the teacher if you felt any discomfort after a previous session.

I understand that Pilates exercises involve a hands-on-correction and I hereby consent for my teachers to work in this way. I confirm that I have read and understood the above advice and that the information is given is correct.

SIGNED:

CLIENT NAME:.....DATE:.....