

# Happy Body Wellness Hold Harmless

**\*The client represents that they have no physical conditions which would prevent their performing any exercise and using the equipment and or service of Happy Body Wellness LLC. Accordingly, the client agrees that all exercising and use of any equipment and or services, where services are being rendered, shall be at their sole risk and the client holds Happy Body Wellness LLC. harmless of the client's demands or causes of action (including the cost of defense thereof) as a result of any personal injury or personal property loss or damage suffered by the client arising out of or connected with use by the client of service location, equipment and/or services and performances of the exercises regardless if such injury, loss or damage was a result of the active or passive negligence of Happy Body Wellness LLC., its directors, employees or Happy Body Wellness LLC. Happy Body Wellness LLC. disclaims any warranty or representation regarding equipment where services are rendered. \* If the client has a physical issue it is the clients responsibility to inform the service provider to assess if the service the client desires is a good fit for the overall well being of the client.**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Incase of an Emergency (ICE) whom shall we call: \_\_\_\_\_

ICE - Cell Phone # \_\_\_\_\_ Relationship \_\_\_\_\_

How did you hear about Happy Body Wellness? \_\_\_\_\_

## **Wellness Goals You would like to Achieve within the next six month: (Circle 3)**

Weight Loss	Improve Strength	Improved Flexibility
Tone body	Improved Agility	Improved Mobility
	Improve Cardiovascular	

## **Achieving your three above goals will benefit your life in what ways?**

1. \_\_\_\_\_

2. \_\_\_\_\_

## **Other Wellness services that may interested you:**

Body Work / Personal Training / Abundance Life Coaching

Signature \_\_\_\_\_ Date: \_\_\_\_\_