

General Release



**THIS IS AN IMPORTANT WAIVER AND RELEASE OF LIABILITY.
READ CAREFULLY BEFORE SIGNING.**

I would like to participate in the Fit4Me Challenge. I understand the Fit4Me Challenge is an 8 week community weight loss program where I will have the opportunity to meet weekly with trained individuals to learn about nutrition, exercise, and behavior modification. I will be given weekly nutrition and/or exercise challenges with the goal and intentions to lose weight and become healthier.

EXAMPLES OF CHALLENGES INCLUDE:

- Attending a fitness class at the YMCA
- Walking in the St. Bonifest walk/run
- Eliminating soda for one week
- Attending a cooking class at Dierberg's
- Taking a lunchtime walk
- Trying a new recipe and sharing with the fit4me website
- Participating in Race for the Cure
- Monitoring and documenting your sodium intake for the week
- Attending a yoga class at Edwardsville Fitness Studio
- Team up with other participants and form a support group

I have discussed my participation in the Fit4Me Challenge with my personal physician and have been approved by him/her to participate in the Fit4Me Challenge. My personal physician has discussed with me, and I understand and agree to follow all restrictions placed by my personal physician on my participation in the Fit4Me Challenge. I am at least 18 years of age.

In participating in the Fit4Me Challenge, I acknowledge that I may be exposed to risks of serious bodily injury, sickness, heart attacks, death, muscle strains, sprains, pulls, tears, broken bones, shin splints, heat exhaustion, knee, back or foot injuries, due to circumstances inherent in this event, and risks arising from the negligent acts or omissions of others. I understand and am aware that there are a variety of specific risks and dangers inherent in the types of activities included in the Fit4Me Challenge, including, without limitation, falls, collisions with other participants or stationary objects, and equipment failures.

IN EXCHANGE FOR BEING PERMITTED TO PARTICIPATE IN THE FIT4ME CHALLENGE, I AGREE THAT I AM VOLUNTARILY PARTICIPATING IN THE FIT4ME CHALLENGE AND ASSUME ALL RISK OF INJURY, ILLNESS, DAMAGE OR LOSS TO ME, AND HAVING READ THIS GENERAL RELEASE, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, HEREBY RELEASE, HOLD HARMLESS, AND DISCHARGE FIT4ME CHALLENGE, LLC, ITS MEMBERS, MANAGERS, OWNERS, EMPLOYEES, AND ALL SPONSORS, THEIR OFFICERS DIRECTORS, OWNERS, EMPLOYEES, AND ALL VOLUNTEERS OF THE FIT4ME CHALLENGE, FROM ANY AND ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE FIT4ME CHALLENGE, EVEN THOUGH THAT LIABILITY MAY ARISE OUT OF NEGLIGENCE, RECKLESSNESS, OR CARELESSNESS ON THE PART OF THE PERSONS OR ENTITIES NAMED IN THIS GENERAL RELEASE.

Further, I acknowledge that by participating in the Fit4Me Challenge, I will be sharing personal information with other participants and with Fit4Me Challenge, LLC. Such information may include my starting and ending weights and other biographical information. Fit4Me Challenge, its participants, sponsors, and volunteers shall not be responsible or liable and are hereby released from any liability and claim arising from or related to the release, disclosure, or publication of such personal information, including claims based on invasion of privacy, defamation, intentional infliction of emotional distress, publication of private fact, or any other claims. Further, I consent to the use of my name, any before and after photographs or other likenesses of me, testimonials, and other biographical information about me to be used by Fit4Me Challenge, LLC and its sponsors, for any and all purposes, including advertising and promotions, without limitation, restriction, compensation or further consent.

I expressly agree that this General Release is intended to be as broad as permitted by the laws of the State of Illinois and that if any portion of this General Release is held invalid, the balance shall continue in full legal force and effect. I further agree that if I or someone on my behalf, institute a legal proceeding in breach of this General Release, that I will be responsible for all costs and attorneys' fees of any person or entity against whom I institute such legal proceedings.

HAVING CAREFULLY READ AND UNERSTOOD THIS GENERAL RELEASE, I VOLUNTARILY AND KNOWINGLY SIGN IT AS MY OWN FREE ACT.

Signature: _____ **Date:** _____

Witness: _____ **Date:** _____