

HEALTH COMMITMENT STATEMENT

Your health is your responsibility. The Team at Magna Vitae are dedicated to helping you take every opportunity to enjoy our facilities.

Your commitment to us

- **It is your responsibility, if you require an introduction to the gym or are unsure how to use any piece of equipment, to book in at reception prior to using the facility.**
- The reaction of the body in exercise cannot always be predicted with complete accuracy. If you know you have or are concerned that you have a condition that may be affected by your exercise programme, you should talk to your doctor about the kinds of activities you wish to participate in and follow their advice.
- You may need to restrict your activities to those which are safe for you. Make yourself aware of any instructions or safety notices. You should not carry out exercises or use equipment that you have been advised not to.
- If you develop any symptoms of ill health, you should cease exercising immediately and seek assistance from a member of staff.
- If you have a disability, you should follow the advice of the Lifestyle Consultant to allow you to exercise safely.

Our commitment to you

- Although we ask you not to exercise beyond your own capabilities, we will respect your wishes about which activities you would like to carry out.
- We will ensure, so far as reasonably practicable, that our equipment is safe for you to use at all times.
- We will ensure that staff are well trained within their role and qualified to the standards set out by the Register of Exercise Professionals / CIMSPA.
- We will endeavour to provide alternative exercises should you disclose a disability that limits the use of some of our equipment.

This statement is for your guidance and advice. It is in the customers best interest to follow this guidance and advice.

Fitness Declaration & Safety Agreement from you

I declare to the best of my knowledge that I know of no reason why I should not participate in exercise. I acknowledge that there are risks inherent in physical exercise. I agree to abide by the verbal instructions given to me by the Lifestyle Consultant and will observe any written notices regarding health, safety and welfare whilst using the fitness suite.