



Hero Lifestyle Service Agreement

HELEN KIMBER RESPONSIBILITIES TO CLIENTS:

1. Helen Kimber will design a personalised program of exercise/nutrition based on the clients' needs and goals.
2. Each session will be typically 45 mins to 1 hour long.
3. Helen Kimber will provide guidance regarding correct exercise techniques and nutrition education
4. Helen Kimber will maintain a record of client progress and provide necessary feedback.
5. Helen Kimber will provide on- going evaluation and modification of the program as necessary according to the clients progress, needs and goals.
6. If Helen Kimber is late for any training session, that time will be made up to the client at a time convenient to the client.
7. The Trainer (Helen Kimber) will endeavour to notify the client 5 hours before a session if they need to cancel.
8. All information relating to the client is confidential and will be treated in accordance with the Data protection act.

THE CLIENTS RESPONSIBILITIES

1. The client is expected to disclose any medical and health history to Helen Kimber
2. If the client is late for the session this is unfortunately non-refundable. (Family emergencies or sudden illness are exempt).
3. For sessions on an on-going basis payment must be received prior to the session.
4. The Client must give 5 hours' notice for session cancellation. Failure to do so will result in forfeiture of the one session (family emergencies and sudden illness are exempt).
5. The client must communicate any discomfort, pain or concerns during or arising from a training session.
6. If the client does not for any reason use all of their sessions in a block booking (unless agreed prior to commencement of the block booking), no refund will be given.

In consideration of participation in a personal training programme I understand that I must purchase a single session or package of sessions (block booking) and must read, agree to and sign the agreement.

I understand that the programme designed by Helen Kimber is voluntary and I may be expected to undergo a health and fitness assessment that will be fully explained to me. I agree to complete the medical history questionnaire accurately and completely including disclosure of any prescribed medication I am taking and diet or exercise limitations I am aware of or have been informed of by my GP and any changes that may occur.

I understand that I have the right to stop at any time during a session and I should inform Helen Kimber immediately of any symptoms such as fatigue, shortness of breath or chest discomfort.

I fully understand that exercise involves certain risks including but not limited to spinal injuries, heart attack, stroke, death and injuries to bones, joints or muscles. However I agree to voluntarily participate in the programme and assume all the risks.

I declare that I have read and understood and agree to the contents of this service agreement. I do hereby waive, release and discharge Helen Kimber from any and all claims or liability for any present and future injuries or damages resulting or arising from my participation in any activities including but not limited to exercise, personal training, or use of the equipment including any injuries and damages caused by my negligent act or omission of any of those persons or entities mentioned above.

Client Signature

Print Name

/ /

Trainers Signature

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PERSONAL TRAINING PAYMENT

Each training session will be charged at £..... and will last for up to 1 hour. Payment will be made prior to the commencement of the session. By bank transfer, (unfortunately cheques cannot be accepted). For fitness programmes of 10 weeks payment is due as a block booking of £..... after the first initial consultation. If clients prefer they can make 3 separate payments of £.....

If clients wish to work with a relative of friend then a discount will be given. (Not for nutrition consultation)

2 people £..... each per hour instead of £.....

3 people £..... each per hour.

In this instance block bookings for a 10 week programme can be arranged but need to be on the same day at the same time for all individuals participating in the programmes.

2 people £..... block booking £..... for 10 wks paid in full.

Or, 3 separate payments of £..... per payment.

3 people £..... block booking £..... for 10 weeks paid in full or 3 separate payments of £.....

Please pay by bank transfer to the following account:

Barclays Account Name: Helen Marie Kimber

Account Number: 90430803

Sort Code: 20-43-04

Please use your Last name and Fitness as the reference eg Kimber Fitness.

e: infoherolifestyle@gmail.com

w: herolifestyle.co.uk

t: 07783 666022



Hero Lifestyle by Helen Kimber