

***Eating Smart • Being Active***  
***(insert university/organization name)***  
***Participant Release Form***

**General Information**

When you start being more active, it is important to begin slowly and increase your activity over time. This helps your body get used to the new routine and lowers the chance of getting sore or hurt. If you have an on-going, long-term health problem—like heart disease, diabetes, or obesity—or if you are at risk for one, you should talk to your doctor before starting a new exercise program.

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**Understanding the Risks**

I understand and agree that being physically active comes with some risks. I understand and agree that not all risks can be avoided, and I choose to take part in these activities knowing this fact. I agree not to hold (insert university/organization name), its staff, or anyone involved in the program responsible if I get hurt while taking part in the *Eating Smart • Being Active* program. I also confirm that I'm healthy and able to do the exercises in this program without needing any special help.

I understand that (insert university/organization name) does not provide health or accident insurance for people in the *Eating Smart • Being Active* program.

I have read this agreement carefully and understand completely what it means. I know that by signing this agreement, I am agreeing not to blame anyone if I get hurt, and I am signing it freely and only because I choose to.

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Print Name

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Signature

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Date of Signature