**Informed consent form for participation in a Pilates exercise class or programme**

I understand that the purpose of a Pilates session is to provide a range of exercises to intended to improve my health and wellbeing. Exercises may include:

• Preparation phase exercises

• Main phase exercises, including a range of mat Pilates exercises and techniques

• Closing phase activities

**Potential risks**

The Pilates session is designed to place a gradually increasing workload on the muscular systems and thereby improve function. The reaction of the body to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the Pilates exercise session. These changes could include changes blood pressure or heart rate.

**Potential beneﬁts**

I understand that participating in regular exercise has been shown to be beneﬁcial for most people. Some of these beneﬁts include:

• Improved muscular ﬁtness and motor skills

• Improved ﬂexibility

• Improvement in psychological function

• Improved posture, tone and shape

• Feeling of wellbeing

• Improved back care

The Pilates session has been explained to me and any questions regarding the session have been

answered to my satisfaction. I understand that I am free to withdraw at any time.

Client's signature: Date:

Witness's signature: Date: