

**AGREEMENT TO PARTICIPATE in**  
**2014 AHA University Moving for Healthy Hearts Challenge**

This is an agreement to participate in the Get Healthy Now Activity Program at the University of Louisville. As shown by my signature set out below, I acknowledge and understand that the company fitness programs in which I may participate, including programs prepared or presented by the University of Louisville, might advocate or involve physical activity such as exercise, and that such activity is a potentially hazardous activity which may involve physical risks.

I expressly agree to assume all risk arising out of my participation in any organization or University fitness programs. I further understand and agree that it is my responsibility to consult with a physician to determine my own fitness to engage in any and all activities associated with company fitness programs.

I agree that it is my responsibility to use equipment, clothing, and techniques appropriate to the activities related to the fitness programs, and that I am responsible for my own safety regarding participation in the company fitness programs. Accordingly, I expressly release and hold harmless the University of Louisville and the American Heart Association, its officers, directors, employees, agents, sponsors and volunteers with respect to any claims or damages related in any way to the above mentioned fitness program.

I certify that I am physically capable to participate in physical fitness and understand I am free to discontinue activity any time I feel undue discomfort or stress.

Acknowledged and Agreed

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

PRINT \_\_\_\_\_

EMAIL \_\_\_\_\_

Fax completed form to Get Healthy Now (502) 852-6654 or email to [ghn@louisville.edu](mailto:ghn@louisville.edu)