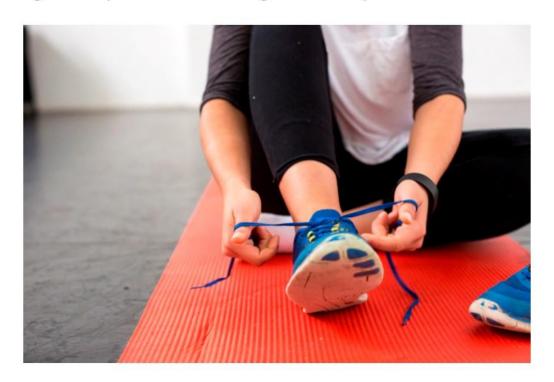
## **Get FITTER**

## **STRONGER** and

## **IMPROVE YOUR MOOD**

Through free personal training at headspace Osborne Park!



Why? There is a tonne of evidence that shows exercise, positive mental health and wellbeing are linked.

What does it involve? You'll have one on one or group sessions with a personal trainer in a private gym. This will involve strength and conditioning exercises designed for you and your own unique needs and abilities.

When and where? Tuesdays and Wednesdays at headspace Osborne Park. Talk to your clinician to register! Please wear joggers and bring a towel.



## Personal Training at **headspace** Osborne Park: Registration form

Name:	
Date of Birth: Age:	
Address:	
Phone number:	
Email:	
Relevant Medical Information/Medication/Allergies	
Emergency contact details	
Relationship to you:	
Name:	
Phone number:	
What are your main reasons for participating?	
Please note any information here that may impact on your ability to participate such a	as
attention / concentration issues, severe anxiety, current / previous injuries etc	
CLIENT DISCLAIMER	
headspace Osborne Park Personal Training clients must read the following statement carefully and sign below understanding that;	
<ul> <li>I understand that the headspace Osborne Park Personal Trainer cannot give me medical advice</li> </ul>	
<ul> <li>I will tell the headspace Osborne Park Personal Trainer if my health changes from what was discussed in my initial assessment</li> </ul>	
<ul> <li>In the case of emergency, I authorise the headspace Osborne Park Personal Trainer to seek medical attention on my behalf and agree that I will be responsible for payment of any and all medical services rendered. My emergency contact will be notified and I have provided the headspace Osborne Park Personal Trainer with these details</li> <li>Black Swan Health Ltd is not responsible for any loss or theft or personal property brought</li> </ul>	
to or left in the gym and I release Black Swan Health Ltd from any liability of s theft	uch loss or
<ul> <li>I agree that research data gathered from the headspace Osborne Park Personal Trainer may be provided and that all information is de-identified</li> </ul>	
Signed: Print Name: Date:	
If you are under the age of 16 please ask your parent/guardian to countersign	
Signed: Print Name: Date:	
Please return completed form by email, post or in person to <b>headspace</b> Osborne Park	
o info@headspaceospk.com.au	
<ul> <li>145 Main Street, Osborne Park 6017</li> </ul>	