

RISE TO EXERCISE

Movement = Life = Movement

Terms & Conditions, Privacy Policy and PAR-Q

Terms & Conditions

1. Packages and individual sessions must be paid in advance.
2. Appointments must be cancelled at least 24 hours in advance.
3. If cancelled within 24 hours, the session is forfeited.
4. Participation in training is at your own risk.
5. Rise To Exercise is not liable for injuries or damage arising during training, except where liability cannot legally be excluded.
6. Participants must report relevant medical conditions or physical limitations before training.

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Privacy Policy

Rise To Exercise processes personal data only for training-related purposes and client administration.

Data collected may include your name, address, email address, telephone number and relevant health information that you voluntarily provide for safe coaching.

Personal data is not shared with third parties without permission unless necessary or legally required.

Clients may request access to, correction of or deletion of their personal data.

Contact: info@risetoexercise.nl | +31 6 38 131 644

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PAR-Q (Physical Activity Readiness Questionnaire)

- ☐ Yes ☐ No - Has your doctor ever said that you have a heart problem?
- ☐ Yes ☐ No - Do you experience chest pain during physical activity?
- ☐ Yes ☐ No - Have you experienced chest pain during the past month?
- ☐ Yes ☐ No - Do you lose your balance because of dizziness or loss of consciousness?
- ☐ Yes ☐ No - Do you have a bone or joint problem that could be made worse by physical activity?
- ☐ Yes ☐ No - Do you take medication for blood pressure or a heart condition?
- ☐ Yes ☐ No - Is there any other reason why you should not exercise?

Participant name: _____

Signature: _____

Date: ____ / ____ / ____