

KENNEDY FITNESS, LLC

MEDICAL RELEASE FORM

_____ is medically free to participate in weight training, aerobic
(print member's name)
conditioning, and similar activities anticipated under the supervision of Kennedy Fitness,
LLC.

_____ This patient is free to participate without restrictions.

_____ This patient is free to participate with the following minor restrictions:

_____ This patient may **NOT** participate in a fitness program.

Maximum Target Heart Rate: _____

(Physician's Signature)

Date: _____

Physician's Address: _____

Physician's Phone: _____

Kennedy Fitness, LLC is a privately owned and operated fitness company specializing in one on one personal training appointments with generally healthy adults. Kennedy Fitness, LLC founder and owner Robert Kennedy was originally certified by The Cooper Institute for Aerobics Research, and now operates under certification from the National Academy of Sports Medicine, as a Certified Personal Trainer, Corrective Exercise Specialist, and Performance Enhancement Specialist. The Kennedy Fitness Program focuses on changes in body composition and circumference measurements, not weight loss. During the Program, clients should not expect to lose more than a maximum of two pounds per week.