

GFWC FLORIDA FEDERATION FITNESS RELEASE FORM

The GFWC Florida Federation Fitness program is a voluntary weight loss/fitness competition between members of the GFWC Florida clubs during the 2010-2012 administration. This competition is totally voluntary, and will be reported under the Home Life Community Service Program. The goal of the Federation Fitness program is to promote a healthy diet and exercise among GFWC Florida members. No specific diet or exercise regimen is being recommended by GFWC Florida or the Home Life Community Service Program chairmen. All members who choose to participate are required to consult with their personal physicians before beginning any diet or exercise program.

I _____, a member of the
_____ Club, agree that prior to participating in the GFWC Florida Federation Fitness program I will contact my physician and get his/her clearance to participate in a diet and exercise program of my own choosing. I agree to waive and release the GFWC Florida organization and/or any GFWC Florida members, chairmen, or officers from any personal injuries or medical complications that may arise as a result of my participation in the diet and exercise program I choose.

Signature

Date