

## Informed consent

### Informed consent form for exercise prescription

#### Programme objectives and procedures:

I understand that the purpose of the Pilates session is to provide safe and effective exercise to improve health and fitness. Exercises may include:

- Warm up activities involving gentle cardiovascular activities such as walking, jogging, jumping, lunging and turning (this could involve a variety of accessories).
- Muscular strength and endurance activities using body weight. Motor fitness skills such as balance, coordination and flexibility (this could involve a variety of accessories).
- Cool down and developmental flexibility exercises to improve movement around the joints and range of motion
- One of the purposes of the Pilates class is to correct body posture; therefore, while performing the class the instructor may have direct contact with the practitioner to allow them to better understand how to perform the movement.

#### Potential risks

Pilates is not a cardiovascular exercise discipline; however, it is important to understand that during the performance of a physical activity, the session is designed to place a gradually increasing workload on the cardiovascular and muscular systems and thereby improve their function. The reaction of the cardiovascular and muscular system to such exercise cannot always be predicted with complete accuracy. There is a risk of certain changes that might occur during or following the exercise. These changes could relate to blood pressure or heart rate and how the muscles feel.

#### Potential benefits

We understand that a programme of regular exercise has been shown to be beneficial. Some of these benefits include:

- A decrease in risk of heart disease
- A decrease in body fat
- Improved blood pressure
- Improvement in psychological function (including self-esteem)
- Improvement in strength and muscle flexibility

The Pilates session has been explained to me and questions regarding the session have been answered to my satisfaction. I understand that we are free to withdraw at any time. The information obtained will be treated as private and confidential.

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**Signature:**

**Print Name:**

**Date:**