

***Eating Smart & Being Active***  
**The Ohio State University**  
**Participant Release Form**

**General Information:**

To avoid soreness and injury, individuals considering an increase in physical activity should start out slowly and gradually build up to the desired amount to give the body time to adjust. People with chronic health problems, such as heart disease, diabetes, or obesity, or who are at high risk for these problems should first consult a physician before beginning a new program of physical activity. Also, men over age 40 and women over age 50 who plan to begin a new **vigorous** physical activity program should consult a physician first to be sure they do not have heart disease or other health problems.

**Acknowledgement of Risk:**

I acknowledge that there are certain risks associated with participating in physical activity. I acknowledge that all risks cannot be prevented and I voluntarily assume all risks of injury to myself and agree to hold harmless The Ohio State University, its Trustees, officers, employees and authorized agents from any and all liability, claims or causes of action arising out of my participation in *Eating Smart & Being Active*. I represent that I am physically able, with or without reasonable accommodation, to participate in this program.

I acknowledge that The Ohio State University does not provide health and accident insurance for *Eating Smart & Being Active* program participants.

I have carefully read this agreement and fully understand its contents. I am aware that signing this agreement constitutes a release of liability and I sign it of my own free will.

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Print Name

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Signature

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Date of Signature