

BLUE MOON YOGA AND PILATES: HEALTH QUESTIONNAIRE

Personal Details:

Name	
Address	
Mobile phone No:	
Email	
Emergency contact	

Exercise History:

Have you participated in yoga or pilates before ?	
What types and how often ?	
Reason for practising yoga/pilates	

Physical activity questionnaire:

Please read the following questions and answer each one honestly (circle yes or no):	
<ol style="list-style-type: none">1. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor ?2. Do you feel pain in your chest when you are doing physical activity ?3. Have you ever had chest pain when you are not doing physical activity ?4. Do you lose balance because of dizziness or do you ever lose consciousness ?5. Do you have a bone or joint problem (for example Rheumatoid arthritis or disc prolapse ?6. Is your doctor currently prescribing any medication for blood pressure or a heart condition ?7. Do you know of any other reason why you should not participate in physical activity ?8. Is there any chance you may be pregnant ?	<p>Yes / No Yes / No Yes / No Yes / No Yes / No Yes / No Yes / No Yes / No</p>
If you have answered YES to any of the questions or you need to let me know of any other medical conditions not covered by the above please provide details here:	

YES to one or more questions: you are advised to consult with your doctor to confirm that it is safe for you to become physically active at this current time

NO to all questions: it is reasonably safe for you to participate in physical activity so long as you gradually build up from your current ability level

Advice for your yoga/pilates class:

- always warm-up gradually and work at your own pace
- never force your body into any posture during the class – listen to the advice regarding alternative versions of the posture
- work within your body’s limitations at all times
- be patient and allow gradual progression – Yoga and Pilates takes time and patience
- feel free to stop and rest at any time – Yoga and Pilates are not competitive so work at your own level
- while it is common to feel some stiffness you should not be in pain in any of the postures – if you are then back off and take an easier version
- if you experience any difficulty with a posture/position then please ask and your teacher will offer suggestions / modifications

CONSENT:

Exercise programmes are designed to improve cardiovascular (heart and lungs) fitness, muscle definition and strength, and endurance and flexibility.

When participating in Yoga and/or Pilates you are likely to experience different levels of intensity over varying levels of time. As a result you may experience quicker breathing patterns, an increase in heart rate and you are likely to get warm quite quickly

The activities and postures will be explained and demonstrated to you, but you are advised to ask if you are not clear about anything. Any exercise carries with it an element of risk such as muscles pulls, joint strains, aches and pains and general discomfort in parts of the body

Please inform the instructor if there is any reason why you should not participate in an activity – for example a new muscle injury which may be aggravated by exercise

If at any time you experience undue pain or excessive discomfort then **STOP THE ACTIVITY IMMEDIATELY** and inform the instructor

I have read and understood the conditions of participation and I consent to participate voluntarily take part in the yoga class. I understand that I am free to withdraw my consent and withdraw from the activities at any time

By signing below I agree that the instructor is in no way responsible for the safekeeping of my personal belongings while I attend the exercise class

I understand that Yoga and Pilates classes may be physically strenuous and I voluntarily participate in them with full knowledge that there is a small risk of personal injury or property loss. I have read the advice above.

Signed

NAME (CAPITALS)Date.....