

**CONSENT AND RELEASE FROM LIABILITY AND INDEMNITY
AGREEMENT**

I, _____, do hereby consent to my participation in any/all voluntary Ladies Fitness cardiovascular and resistance-training program at Dalby Farm, Scituate, MA. I, _____, certify and acknowledge:

- That, Diana Kalivas, has advised me prior to my commencement of participation in such cardiovascular and resistance training programs that such participation could result in physical injury. I, _____ understand the potential risks involved in participating in a rigorous physical exercise program.
- I do not have any risk factors and/or conditions that might prevent me from partaking in this program and therefore, I assume the responsibility and risks as explained to me. I understand that participating in an exercise program may include, but not be limited to, serious bodily injury, heart attack, stroke, or even death. I consent voluntarily to participate in the cardiovascular and resistance-training exercise program based on the information provided to me.
- I also agree to forever RELEASE Diana Kalivas and/or Dalby Farm, of Scituate Mass., their employees, officers, volunteers and any and all claims, actions, rights of actions, and causes of action, damages, costs, loss of services, expenses, compensation, and attorneys' fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to me, or property damage, which I may now or hereafter may acquire, resulting from my participation in the said Diana Kalivas and/or Dalby Farm of Scituate, MA, voluntary ladies cardiovascular and resistance-training fitness programs, which I or anyone on my behalf, might incur as a direct or indirect result of my participation in this cardiovascular and resistance-training program,
- I also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorney's fees, arising from personal injuries to me or property damage resulting from my participation in Diana Kalivas and/or Dalby Farm, of Scituate, voluntary Ladies Fitness Program, including any/all administration of first aid.
- I authorize Diana Kalivas and/or Dalby Farm to make, have, use, publish and reproduce photographs, slides and videotapes for Dalby Farm and/or Diana Kalivas records or public relations purposes.
- I further affirm that I HAVE READ this Release from Liability and Indemnity Agreement, and that I UNDERSTAND THE CONTENTS of this Agreement. I understand that my participation in this program is voluntary and that I am free to choose not to participate in said programs. By signing this Agreement, I affirm that I have decided to participate in Diana Kalivas and/or Dalby Farm's ladies cardiovascular and resistance-training fitness programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage to me, or I may suffer, in voluntary Diana Kalivas and/or Dalby Farm's ladies fitness cardiovascular and resistance-training program.

- That I have read this Liability Waiver form, understand and agree with each of the foregoing points, as outlined above, on this one page Liability Waiver and Consent form, and have received a copy of the aforementioned form on this date.

Signature of Participant: _____ Date: _____

Please PRINT your name here : _____