



## INFORMED CONSENT

### Programme objectives and procedures

I understand that the purpose of a Pilates session, is to provide safe and individualised exercises to improve health and wellbeing. Exercises may include:

- Preparation phase activities
- Main section activities covering a range of mat Pilates exercises and techniques
- Closing phase activities

### Potential risks

The Pilates session is designed to place a gradually increasing workload on the muscular systems and thereby improve function. The reaction of the 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.

### Potential benefits

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

- Improved muscular fitness and motor skills
- Improved flexibility
- Improvement in psychological function
- Improved posture, tone and shape
- Feeling of wellbeing
- Improved back care

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

Client's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness's signature: \_\_\_\_\_ Date: \_\_\_\_\_