

# HEALTH & FITNESS QUESTIONNAIRE

Please read and answer the following questions by ticking the box.  
All information will be treated with confidentiality.

1. Do you have any illness i.e. Back or Joint conditions that may be aggravated by vigorous exercise?

Yes  No

If yes please give details \_\_\_\_\_  
\_\_\_\_\_

2. Have you currently or recently had to following:  
Heart condition, High Blood Pressure, Rheumatic Fever, Stroke,  
High Cholesterol, Palpitations, Murmurs or Pains in your chest?

Yes  No

If yes please give details \_\_\_\_\_  
\_\_\_\_\_

3. Do you have Arthritis, Asthma, Diabetes, Epilepsy, Hernia,  
Dizziness or circulation problems?

Yes  No

4. Are you Pregnant or been Pregnant in the last 6 months?

Yes  No

5. Are you taking any medication that the Gym Advisor should be aware of? i.e. Medicines that may cause Drowsiness, Beta-Blockers, Dizziness, etc.

Yes  No

If yes please give details \_\_\_\_\_

What are they prescribed for? \_\_\_\_\_

Is there any other medical condition we need to know about? \_\_\_\_\_  
\_\_\_\_\_

Do you participate in any Sport or Exercise? Yes  No

How would you describe your current Physical Condition?

Unfit  Moderately fit  Very fit

Over-weight  Obese

Thank you for filling out your Health & Fitness questionnaire. It is very important that you notify us of any changes with your health and must notify the Gym Advisor/Centre immediately.

If you have answered Yes to some of the health questions you may be required to obtain a letter from your GP or be refuse Gym Membership

I have read and answered the Health & Fitness Questionnaire and understand that I use this facility at my own risk.

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

## RULES & REGULATIONS

1. The Multi-gym is **strictly** for members only.
2. Membership cards **must be shown** and session fees paid at **Reception** .
3. Any members found to be using the Gym without paying session fees will **automatically have their membership revoked**.
4. Any unauthorised persons using the gym will be **barred** from the centre.
5. If cards are lost, **one replacement** will be provided free of charge then a **charge** will be made for further replacements.
6. **No food** is to be taken into the gym.
7. **No Smoking** at any time in the gym.
8. Please **put away** equipment after use.
9. **Please throw** all empty drink bottles/cans **into the bin provided**.
10. When using the punch bag please wear protective gloves at all times. **Do not kick the punch bag**.