



PHYSICAL ACTIVITY WAIVER

Physical activities such as, but not limited to, yoga, walk and talks, brief gym visits, stretching, outdoor sports, hiking, can be positive tools for increasing coping strategies and improving one's mental health. There are certain inherent risks associated with participating in physical activity, regardless of intensity. These risks include, but are not limited to: minor injuries such as cuts, scratches, bruises and strains; and major injuries such as sprains, fractures, joint injuries, concussions. Having read this paragraph and understanding of these risks, you hereby affirm that you and/or your minor's participation in these activities is voluntary and that you agree on behalf of yourself or your minor to all of the following:

1. ASSUMPTION OF RISK I, on behalf of myself and/or my minor, ASSUME ALL OF THE RISKS THAT MAY OR CAN ARISE OUT OF PARTICIPATING IN THE ACTIVITIES, INCLUDING BUT NOT LIMITED TO THE ATHLETIC ACTIVITY ITSELF, USE OF THE EQUIPMENT, OR THE UNAVAILABILITY OF EMERGENCY CARE, as well as those Risks described in the preceding paragraph.
2. INDEMNITY/HOLD HARMLESS I, on behalf of myself and/or my minor and/or our heirs, personal representatives and/or assigns, also agree to indemnify and hold The Mindful Heart, LLC, as well as their clinicians, harmless from any and all claims, causes of actions, lawsuits, arbitrations or proceedings as well as from any expenses, judgments, costs, fees, damages, expenses and/or liabilities, including attorneys' fees incurred in defending or prosecuting any such claims brought against The Mindful Heart, LLC as the result of my or my minor's participation in the Activities.
3. RELEASE/WAIVER In consideration for being permitted to participate in the Activities, I, on behalf of myself and/or my minor and/or our heirs, personal representatives and assigns HEREBY RELEASE, WAIVE AND DISCHARGE The Mindful Heart from any and all liability associated with or related to my or my minor's participation in physical activities and agree NOT TO SUE Acme Athletics for any reason resulting from or associated with my or my minor's participation in the physical activities. This waiver and release is intended to include all claims for injuries, accidents, illnesses, or property loss, whether known or unknown or anticipated or unanticipated, which are in any way related to or associated with the Activities. *The Mindful Heart does carry liability insurance for mental health services, however not for off-site physical activities.

I have read and understand this notice

Signature of client or client's guardian

Date