



## **"A Healthier Weigh"** **Participant Consent**

I have voluntarily enrolled in a 12-week program for health and fitness offered in Morgan and Logan counties and Golden Plains Area Extension. The goal of "A Healthier Weigh" is to become more fit by changing lifestyle practices. Participants will do this by increasing physical activity and learning about recommended nutrition, health and fitness.

I understand that participation in "A Healthier Weigh" may be associated with some risks because of increasing physical activity. I understand that each person may react differently to fitness activities and these reactions cannot be predicted with complete accuracy. If I am under a physician's care for any chronic health condition that may affect my ability to participate, I have consulted with my health care professional and received approval. To the best of my knowledge, I do not have any limiting physical conditions or disability that would preclude me participating in this program.

Information on weekly team miles submitted will be provided to participants and the media throughout the event, but individual participant names will not be identified. At the conclusion of "A Healthier Weigh", team results will be given and members of the teams will be identified, but no individual results will be released. Participants will be requested to complete a Pre-Assessment at the beginning of the program and an Evaluation at the end to determine changes in nutrition, health, and fitness that have occurred during "**A Healthier Weigh**". Aggregate information on the results of all teams will be used to report program impacts to Colorado State University.

Your signature acknowledges that you have agreed to participate in the "**A Healthier Weigh**" program.

- I agree to allow any pictures taken during the program to be used as part of publicity or reporting on **A Healthier Weigh**.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_