

# Get **FITTER** **STRONGER** and **IMPROVE YOUR MOOD**



Through **free** personal training at headspace Osborne Park!



**Why?** There is a tonne of evidence that shows exercise, positive mental health and wellbeing are linked.

**What does it involve?** You'll have one on one or group sessions with a personal trainer in a private gym. This will involve strength and conditioning exercises designed for you and your own unique needs and abilities.

**When and where?** Tuesdays and Wednesdays at headspace Osborne Park. Talk to your clinician to register!  
Please wear joggers and bring a towel.



Personal Training at **headspace** Osborne Park: Registration form

Name:	
Date of Birth:	Age:
Address:	
Phone number:	
Email:	
Relevant Medical Information/Medication/Allergies	
Emergency contact details Relationship to you: Name: Phone number:	
What are your main reasons for participating?	
Please note any information here that may impact on your ability to participate such as attention / concentration issues, severe anxiety, current / previous injuries etc	
<p><b>CLIENT DISCLAIMER</b> headspace Osborne Park Personal Training clients must read the following statement carefully and sign below understanding that;</p> <ul style="list-style-type: none"> <li>• I understand that the headspace Osborne Park Personal Trainer cannot give me medical advice</li> <li>• I will tell the headspace Osborne Park Personal Trainer if my health changes from what was discussed in my initial assessment</li> <li>• In the case of emergency, I authorise the headspace Osborne Park Personal Trainer to seek medical attention on my behalf and agree that I will be responsible for payment of any and all medical services rendered. My emergency contact will be notified and I have provided the headspace Osborne Park Personal Trainer with these details</li> <li>• Black Swan Health Ltd is not responsible for any loss or theft or personal property brought to or left in the gym and I release Black Swan Health Ltd from any liability of such loss or theft</li> <li>• I agree that research data gathered from the headspace Osborne Park Personal Trainer may be provided and that all information is de-identified</li> </ul>	
Signed: _____ Print Name: _____ Date: _____	
If you are under the age of 16 please ask your parent/guardian to countersign	
Signed: _____ Print Name: _____ Date: _____	
Please return completed form by email, post or in person to <b>headspace</b> Osborne Park	
<ul style="list-style-type: none"> <li>○ info@headspaceospk.com.au</li> <li>○ 145 Main Street, Osborne Park 6017</li> </ul>	