

- If you are 40 years of age or older OR considered an "individual at high risk" according to the American College of Sports Medicine standards, you are required to have a medical release approved by your physician prior to working out with a personal trainer. An "individual at high risk" is classified as one with symptoms suggestive of possible cardiopulmonary or metabolic disease and/or two or more major coronary risk factors. If you fall into one of these categories, please have your physician fill out the enclosed medical clearance form and return to Jill Urkoski prior to your first personal training session.



Medical Clearance

To: Dr. _____

_____ has expressed an interest in starting an exercise program through the Personal Training program within the Office of Recreation Services at the University of Kansas. Exercise recommendations provided by the trainer will start easy and become progressively more intense depending on the client's goal and fitness level. Fitness assessments will also be conducted periodically to determine progression. These assessments may include sub-maximal aerobic test, body composition analysis, flexibility, and strength. Qualified personal will administer all fitness assessments and make the exercise recommendations.

If you have any questions about the assessment or exercise recommendations please contact Jill Urkoski, Fitness Director for Fitness Services at (785)864-3546.

Report of Physician

_____ I know of no reason why the client may not participate

_____ I believe the client can participate, but I urge caution because:

_____ The client should not engage in the following activities:

_____ I recommended that the client not participate.

Physician's Signature: _____

Date: _____

Address: _____

Phone: _____

Please return to Jill Urkoski, Fitness Director at:

Jill Urkoski
1740 Watkins Center Drive
Lawrence, KS 66049
Fax #:(785) 864-5228
Phone #:(785) 864-0798