



Personal Details

Full Name

Telephone

Address

Email Address

Occupation

Postcode

Date of Birth

Part 1: Your Background and Your Health

1. Will this be the first time you have done Pilates?

 Yes No

2. Have you previously attended:

 TY Fitness Pilates classes
 Other Pilates classes
 At home (DVD, book, online)

3. Has your doctor ever said that you have any sort of heart trouble or defect?

 Yes No

4. Do you feel any pain in your chest when you undertake physical activity?

 Yes No

5. Are you, or could you be, pregnant now?
(please be aware, group classes are not suitable during pregnancy)

 Yes No

6. Have you had a baby in the last six months?

 Yes No

6b. If you have had a baby, how was it delivered?

 Normally Caesarean
 Normally with intervention (e.g. forceps)

7. Do you ever lose your balance because of dizziness or do you ever lose consciousness, feel faint or dizzy?

 Yes No

8. Do you have HIGH blood pressure?

Yes No

9. Do you have LOW blood pressure?

Yes No

10. Have you ever undergone any type of surgery?

Yes No

11. Do you suffer from asthma, diabetes or epilepsy?

Yes No

12. Have you ever been told that you have arthritic joints, osteoporosis, osteopenia or any bone or joint problem that may be made worse by exercising?

Yes No

13. Do you suffer from back or neck pain?

Yes No

14. Do you have pain or restricted movement in any other joints (e.g. hip, knee, ankle, shoulder)?

Yes No

15. Have you been diagnosed as hypermobile (excessive joint mobility)?

Yes No

16. Are there any movements that cause you pain?

Yes No

17. Have you been recommended to take up Pilates by any of the following?

GP Physiotherapist

Chiropractor Osteopath

Other

19. If you have answered yes to any of the above questions please provide details below.

Part 2: Your Aims

What are your reasons for taking up Pilates? *i.e core strength, flexibility/mobility, posture, toning, pain relief, distress.*

Part 3: Important Information

Please advise us before commencing any session if, for any reason, your health or ability to exercise changes.

It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with Tanya Young. It is also wise to wait six weeks after the birth before resuming exercise.

Pilates exercises are very safe but, as with all forms of physical exercise, it is prudent to consult your doctor before starting Pilates sessions.

These sessions are not a substitute for medical treatment. If you have any doubts about the suitability of the exercises, you should refer back to your Doctor or Physiotherapist.

Exercise should be performed at a pace which feels comfortable for you. PAIN is the body's warning system and should **NOT BE IGNORED**. Please inform Tanya Young immediately if you feel any discomfort during a session. Please also inform Tanya Young if you felt any discomfort after a previous session.

I understand that Tanya Young's (trading as TY Fitness) Pilates exercises involve hands on correction and I hereby consent for Tanya Young to work in this way. I understand that I am attending Tanya's Pilates class at my own risk.

Contact permission

We would love to send you information about our fitness classes, products, exclusive offers and any news we might have. We might contact you via email, post, SMS, telephone and other electronic means. We'll always treat your personal details with the utmost care and will never sell them to other companies for marketing purposes.

Please let us know if you would like to us to contact you by ticking the box.

Signed

Date

<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------

****Please fill in this form and once complete you can email it to tanya@tyfitness.co.uk or bring it to the first class.****