

Victoria Baker PILATES

Client Enrolment Form

All information will be treated in the strictest of confidence

Personal Details

Name Date of Birth

Address Occupation

..... Sports, Hobbies

Postcode

Contact Tel **Emergency Contact Details**

Mobile Name

Email Contact Tel / Mobile

Sex: Male / Female

PART 1: Your Background and Your Health

1. Does your life/work/sport involve any of the following?
(please tick)

- Sitting for long periods Driving
 Bending Standing
 Lifting heavy weights Any other repetitive action

2. Will this be the first time you have practised Pilates?

- Yes No

If No, have you previously attended:

- Studio Body Control Pilates matwork classes
 Other Pilates matwork At home (book, DVD)

Number of classes attended:

- 0 – 5 5 – 10 10 – 20 20 +

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

- Yes No

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

- Yes No

5. Are you, or could you be, pregnant now?

- Yes No

If Yes, when is your due date? _____

6. Have you been pregnant in the last six months?

- Yes No

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

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

8. Do you often get headaches?

- Yes No

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

- Yes No

10. Do you have high blood pressure?

- Yes No

11. Is your blood pressure:

- Normal Low

12. Have you had major surgery in the last 10 years?

- Yes No

13. Have you had minor surgery in the last 2 years?

- Yes No

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

- Yes No

15. 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

16. Do you suffer from back or neck pain?

- Yes No

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

- Yes No

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

- Yes No

19. Are there any movements that cause you pain?

- Yes No

20. Are you taking any drugs or medication which may affect your ability to exercise?

- Yes No

21. Have you been recommended to take up Pilates by a specialist practitioner?

- Yes No

22. Do you hereby give permission to contact them?

- Yes No

If YES, please state their name and contact number.

Practitioner's Name: _____

Practice Telephone: _____

Please list any health problems you suffer, not already mentioned, that may affect your ability to exercise. If you have answered YES to any of Questions 3-21 above, we advise that you consult with your medical practitioner before you start Pilates classes. Please give below further relevant details, in confidence, to any question ticked YES:

PART 2: Your Aims

What are your reasons for taking up Pilates?

What health or physical goals would you like to achieve over the next three months?

What longer-term health or physical goals would you like to achieve over the next 12 months?

PART 2: Important Information?

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

It is inadvisable to do Pilates between weeks 8 to 14 of pregnancy, unless by special arrangement with me. 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 counselling or treatment. If you have any doubts about the suitability of the exercises, you should refer back to your medical practitioner. The teacher can accept no liability for personal injury related to participation in a session if:

- you doctor has, on health grounds, advised you against such exercise.
- You fail to observe instructions on safety or technique
- Such injury is caused by the negligence of another participant in the class/studio

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 your teacher immediately if you feel any discomfort during a session. Please also inform the teacher if you felt any discomfort after a previous session.

I understand that Body Control Pilates exercises involve hands-on correction and I hereby consent for my teacher to work in this way.

I confirm that I have read and understood the above advice and that the information I have given is correct.

Signed,

Client _____

Date _____

Teacher _____

Date _____