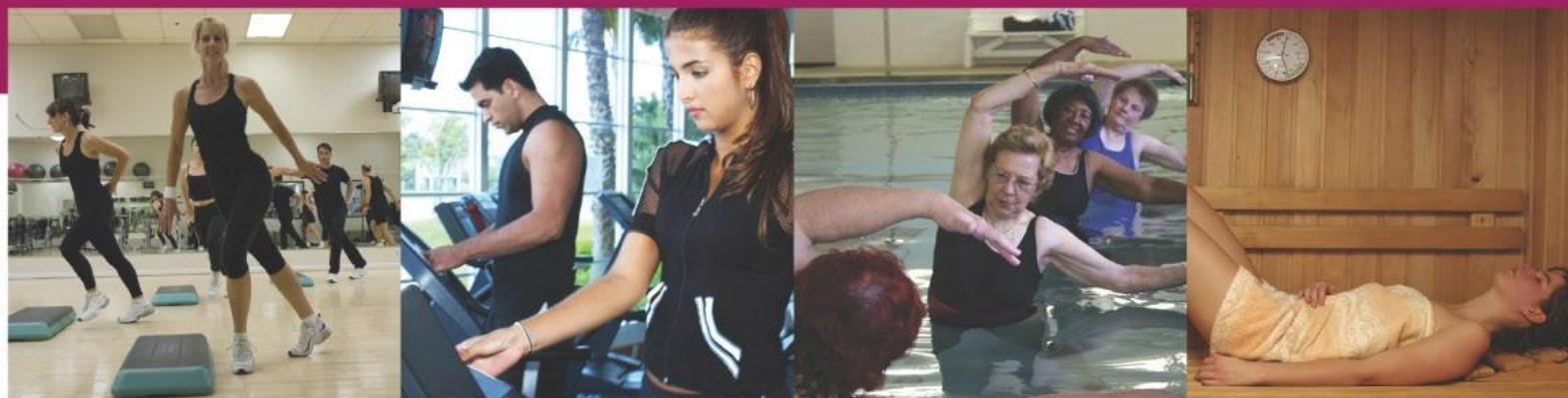


flexible

fitness



SCREENING NOTICE

Please read the following before taking part in a Flexible Fitness session.

Do you have or have you ever had:

- High/low blood pressure?
- Bronchitis, asthma or any respiratory condition?
- Diabetes - non-insulin or insulin dependent?
- Any joint pains or joint injuries?
- Any back pains or back injuries?
- Are you currently taking any medication?
- Are you recovering from an operation or illness (illness can be as simple as a cold)?
- Are you currently receiving any treatment?
- Are you pregnant?
- Have you had a baby within the last 2 months?

If any of the above applies to you, **Please inform your Aerobic instructor or Fitness Advisor.** You are also advised to consult a doctor before participating in any activity. Please note that any information will be treated with respect and in confidence and stored in accordance with the Data Protection Act 2018.

This screening form is part of Nottingham City Council's "Safe Exercise Policy" – working to help you improve your fitness safely and effectively.

We're here to help!
www.activenottingham.com/memberships/health-fitness/