

# Leash Your Fitness!



Learn to teach a successful Doga Yoga Class

## *Table of Contents*

---

WELCOME! .....	3
CLASS LOCATION.....	4
TARGET MARKET.....	5
CLASS TIMES / DAYS .....	6
PARTNERING.....	7
CLASS PRICING STRUCTURE .....	8
MEDIA.....	9
MARKETING IDEAS.....	11
CLASS RULES .....	13
CLASS STRUCTURE .....	14
Walking.....	14
Warm Up Stretches .....	15
Balancing Poses .....	15
Other Standing Poses .....	16
Mat time! .....	17
Belly Breaths.....	17
Mat Stretches.....	17

**This manual contains confidential and proprietary information of Leash Your Fitness and Dawn Celapino.**

**No part of this manual may be reproduced by photocopy or any other means without the written permission of Dawn Celapino.**

## WELCOME!

---

*Congratulations* on your desire to become a QUALIFIED Dog Yoga instructor! We are excited to help you!

There are a few things to consider when starting your class. This is probably a new class in your area so you may have to do some marketing before you get things started. A great way to build up interest is to invite your friends, their friends, your co-workers, and anyone else you know to fill up your classes.

This is a great way to build word of mouth as your friends and their friends start talking about this great new fitness class you are starting! Take a lot of photos and start posting them everywhere! You may have to teach a few free classes just to get people to attend. The more that you teach, the more comfortable you will be and the more the word will get out about the class and how much fun it is!

Remember that this manual is not substitution for proper training. If you are not a certified fitness professional then keep the poses simple, focus on balance and stretching and do not do anything that you are not comfortable with or can harm your participants.

We hope that this manual will help you in creating the perfect class for your location and demographic.

*Let's get started!*

## CLASS LOCATION

---

When teaching a class, the first thing to think about is QUIET! Find a place that is rather quiet. People walking by are fine and as a matter of fact, that is sometimes great for awareness and marketing.

### **If teaching outside:**

- Make sure there is shade
- No skateboards
- No off leash dogs that will come running into your class
- No construction or airports that you will have to shout over

### **If teaching inside:**

- Find a room that is large enough to walk around
- Find somewhere that has a good place to walk. We have even walked the sidewalk to a cul-de-sac.
- Make sure the room is large enough for however many that you have signed up for class. You may have to limit the number of attendees.
- Make sure there is enough room in between the mats for the dogs. Many people bring a yoga mat or towel for their dog so have room for double mats when figuring out your space requirements.

## TARGET MARKET

---

Decide who you are marketing to because you can't market to everyone. Decide what demographic that you like working with. Is it Moms? Kids? Single women? Men? What are their ages? Where do they live?

Who you market to depends on what you do. We find that single women between 30 – 65 are perfect for us. They are willing to spend money on their dogs and like to meet other people that love dogs. They don't have as many distractions (husband, kids, etc.) to keep them from coming to class. If you target moms, your marketing may be different than if you target men or single women. If you are marketing to the over 60 age group, then your marketing will be a lot different!

Decide who you want in your class, and start reaching out to them!

## CLASS TIMES / DAYS

---

We have experimented with different class times and what works best for you is going to depend on a few things, mainly your demographic and where you are teaching your classes.

If your demographic is:

- **Single and their dog is their child:** 9 or 10 a.m. on the weekends and after 6 p.m. on the weekdays. Yappy Hour classes work great. Have class from 6 – 7 p.m. on a Friday night near a dog friendly restaurant and then take the class there for Yappy Hour after class! It is a great way to get to know your class members!
- **2 legged Moms:** 9 a.m. during the week or after school starts in your area. We have found this is a tough demographic for us as they are going to cater to their kids first and won't be as consistent with their dog fitness classes.
- **A mixture:** 9 or 10 a.m. weekend classes work great. It is late enough that they can sleep in a little but early enough that it doesn't mess up their day. We also do a dog friendly breakfast place after class on the weekends sometimes or offer fruit / bagels after class.

If the location of your class is:

- **Outside:** You have to consider the sun! You don't want to have class when it is too hot or too cold at night.
- **Inside:** It primarily depends on the business where you are teaching. If you teach at a dog boarding facility, then you will probably have to have it on a day when they are closed. If you are having your classes at any other business, consider their hours of operation! We taught at a dog boutique and had our hour-long class at 9 a.m. before they opened at 10 a.m. Afterwards, everyone in class got a discount in the store! This creates opportunity for cross promotion.

## PARTNERING

---

Partner up with other like-minded people!! This is a GREAT way to further your reach. If you are a dog trainer, you can partner with a yoga instructor or group fitness instructor to lead your class. If you are a group fitness instructor or a yoga instructor, partner with a dog trainer or a dog business to incorporate dog training into your class. You can even do a three-way partnership.

When partnering with other people, it is imperative to make sure that everyone is on board. It is no fun when you partner with someone and you do all of the work. Make sure everyone is involved and is marketing to their lists and clients.

Partnering with the local Humane Society or other foster or rescue groups is another great way to raise money and get your name out in the community.

Remember that you want to increase your list and your reach so partnering will help you reach people that you may not have reached otherwise and now they know about you and what you do!

## CLASS PRICING STRUCTURE

---

There are many ways to structure your pay rate for you classes. Here are a few suggestions:

### **First class:**

If this is your very first dog yoga class or maybe your very first fitness with your dog class, then consider pricing it low as an introductory rate. I would suggest \$10 - \$12. This will attract more people.

### **Specialty Class:**

If you already conduct classes or own your own studio or business, then you can make dog yoga a specialty class – especially if you are teaming up with another professional yoga instructor, dog trainer or group fitness instructor. If this is the case, it is fine to charge more and that will depend on what your current rates for classes are. I would suggest \$20 - \$25 per class especially if there are two instructors.

### **Fundraising Class:**

This is a GREAT class to conduct as a fundraising class. It brings out people that would not normally come because they want to support the special cause. You can do this sort of class by donation only or charge a specific fee like \$20. Make sure that you note either 100% of the proceeds or a portion of the proceeds are going to the specific charity.

A few other things that you can use to add value to your class:

- Raffle prizes
- Goody bags full of dog treats, coupons, fitness gear, etc.
- Dog training or stretching tips before or after class
- A special report (pdf or email) that everyone gets that comes to class
- Goodies after class. We sometimes bring homemade dog or people treats for everyone. Or if you do a morning class, you can offer fruit and/or bagels.



## MEDIA

---

The media LOVE these classes because they are different and news worthy. A few ways to get media attention:

- Send out a press release to your local TV stations, magazines and newspapers. Don't forget about the small papers for your community.
- Get on their social media accounts. Find the local stations Facebook and Twitter accounts and start responding to their posts and then tell them about your class.
- Place your class information in ANY free publication or on-line site that you can. Many of the local papers even have free calendars that you can post on.
- Reach out to local magazines and newspapers to see if they can do a write-up about your class. Get a copy of the magazine and / or newspaper and look in the front, there is usually contact information. Use it! Call / Email them and let them know what you have going on. They usually need content and will be happy to write a little story about you, especially if it is a fund raiser.



## MARKETING IDEAS

---

There are many ways to get your idea out to your local community. Please make sure you are taking the demographic you are reaching out to into consideration and make sure you cater your messages to that group. The following are a few ideas to get you started:

**Newsletters:** Start a monthly newsletter and let everyone know when your classes are. There are many FREE newsletter services that you can get started on. We hope that you collect email addresses everywhere that you go and from everyone that contacts you or signs up for any classes. Make sure to stay in contact with them!

**Meet-up groups:** Host a free class and post it on many dog and fitness meet up groups. Ask your friends if they are members of any and have them help you get the word out. Many meet up groups want everything for free, but it is a great way to get your name out there.

**Flyers:** Post flyers in your local dog boutiques, groomers, dog parks, dog-boarding facilities, etc. See the end of this manual for an example of a flyer!

**Partnering:** If you are a dog trainer, you can partner with a yoga instructor or group fitness instructor in your area. If you are a group fitness instructor or a yoga instructor, you can partner with a dog trainer or a dog business. You can even do a three-way partnership.

**Social Media:** Post daily and at different times on your social media pages. Encourage people to SHARE with their friends. Give a discount to anyone that brings a friend to class!

**Message Boards:** Post in every free place you can find. Many local papers have calendars or online bulletin boards that you can post on for free.

**Booths:** Put a table outside a well visited vet, dog boutique, and other business that cater towards people and their dogs. Pass out flyers and postcards with one class free.

**Dog Events:** Set up a table at events in your area. In San Diego, we have a ton of dog friendly events, like Yappy Hours, 5k runs and other community events. We set up a booth and talk to people about what we do. We find that actually explaining it works the best.

**Information Talks:** Do a talk on what you do at local vet's office, humane societies, sporting stores, etc. We talk about fun things that you can do with your dog and of course, Dog Yoga is in there!

**Groupon or online coupon:** These can be a great way to get your business out there and reach people who might not know about you and are skeptical about committing to a class. You don't make much money on them, but these companies have huge databases and will send them to your target market. I would not recommend offering many of these as the groupon jumpers will just wait for your next one but one a year is a great reminder about your business.

In marketing your business, it's important to make sure you are reaching the right group to make your message most effective.

If you are reaching out to seniors, a great idea is to find out where they hang out in your area. Many local recreation centers offer classes for seniors and you can work with them. There might also be a 55+

living community that you can teach a class for. Another great place to reach out to seniors is the local library. They sometimes offer classes and may allow you to come in to teach a class.

If you are reaching out to the two-legged Mom crowd, they are a little harder to reach because of the limited time they have. Reach out to schools and see about getting into school newsletters. This is a great way to let them know about a class you may have during the time after they drop the kids off at school!

## CLASS RULES

---

Keeping your class quiet and in control is very important, especially in a Dog Yoga class where there will already be enough distraction. These are some great tips that work great!

- **No treats!** They are very distracting to the dogs and food-motivated dogs will be looking for treats the entire class.
- **No squeaky toys!** We do allow soft and chew toys if the dogs need something to rip up or chew on.
- **No talking!** Absolutely no talking during class. Keeping the noise and excitement level down is key to a successful class. Dogs read your energy so if people are laughing, talking or getting excited or frustrated in any way, the dogs pick up on that. People don't talk during a regular yoga class so they shouldn't be talking in your class either.
- **No retractable leashes!** Your participants have to have a strong hold of their dog plus they will be stepping on their leashes during parts of class. You don't want the cord on a retractable to cut anyone or get let out for the dog to have free roam in the class.
- **Music.** You can play soft, calming music. We do not use music outside because it is just another distraction. We have tried it before, but when teaching outside you have to play it kind of loud and then talk over it, especially if your class is spread out in a park setting. It doesn't really work well when you are trying to keep noise minimal. If you are teaching inside and want to try music, you can make a play list on Pandora or Spotify or buy a nice soft music CD.

## CLASS STRUCTURE

---

Please remember that we recommend that a yoga or group fitness instructor that is studied in the human body teach every class. The stretches mentioned in the next section are basic yoga stretches. It is fine to add any stretches to your class, as long as it fits in with your class demographic. Most people that attend our yoga classes are beginners and are intimidated by yoga so we try to keep it simple as not to scare them away or embarrass them. We also offer alternative poses if they can't do the pose.

We recommend that you begin each class with movement. It's important to warm up before doing any exercise! Try to get the dogs moving as much as possible, so they are tired during the core of the class. If you are teaching indoors, even a walk around the block is great to warm you up and tire your dog. You can even stop and do a few stretches along the way. Walk to the end of the street or to a nearby park and do a few standing stretches! In the park setting, we try to keep as close to the mats as possible so we can keep an eye on our belongings, unless you have someone that can stay by the mats.

Most of the people in our class wear shoes. I encourage them to wear slip on shoes so that they can slip them on and off during the class. The only other thing that they need is their yoga mat or towel and a bottle of water.

### INSTRUCTOR SHOULD BRING TO CLASS

- Water bowls for the dogs
- Gallon of water for the bowls
- Extra yoga mats or towels in case anybody forgets theirs
- Extra leashes in case someone brings a retractable leash
- Waivers (sample waiver in appendix)
- Poop Bags (Someone always forgets to bring some, without fail!)
- *Optional:* goodie bags, treats for after class, raffle prizes, etc.

It's now time to begin a class!

### *Walking*

While walking, have the participants focus on their posture. Pretend like someone is pulling up on their head and straightening their spine. Keep the shoulders back and down. Keep the head back. Focus on their breathing. You can also lead them through some shoulder rolls while walking to warm up their shoulders. Their dog should be in a heel next to them.

Continue to do a few standing stretches on your walk and remember to stretch both sides!

- The dog should be in a sit or down while performing the standing stretches.
- Do a few stretches in one area and then continue your walk until you take another break for stretches. This will keep the dog from getting bored.
- If you are indoors, walk around the room in between each series of stretches and return to the mat for your standing stretch. Stay for a few and then continue around the room again.

## Warm Up Stretches



**Side Stretch.** Have them stand straight upright. Bring their arms over their head. Hug their head with their arms and bend to the right side and then to the left. After a few warm up stretches, have them hold it for 5 seconds and breathe.

**Forward and backward bend.** Warm up their spine with a few forward and backward bends. Standing straight with extended spine., lift arms over head. Gently bend backwards reaching behind then bend forward and hang with hands on opposite elbows. Slightly bend the knees; it will be easier on the back. Hang for 10 – 20 seconds and let the lower back and hamstrings release. You can sway from side to side. Bend legs as they stand up to standing position.

## Balancing Poses

**One leg balance.** Have your participants stand on one leg. Progression: close eyes or have them straighten leg in front or to the side of them.



**Tree pose:** Stand on one leg with the other leg up on the inside of the standing leg. Start with the hands in prayer position at the front of the body. Progression: Raise arms over head.



**Airplane Pose:** Standing on one leg, hinge forward and kick the other leg behind you. The higher the better. Try to keep the front leg as straight as possible. Bring your arms out to the side and squeeze shoulder blades together. Progression: Kick the back leg all the way through to the front and bring it 90 degrees to the front. Your body will be upright.

**Dancers Pose:** Standing up straight, put your right hand to the side. Bring right foot up into the right hand. Hinge forward and REACH with the left hand while bringing the right leg up and behind you. Pull up with the foot and reach forward with the arm at the same time.



## Other Standing Poses



**Warrior Pose:** Lunge forward with right leg. Foot should be at 90 degrees. Bend front knee making sure that it is in line with the ankle and not going too far over the ankle. The back foot is at 45 degrees and in line with the front foot. Bring arms up to shoulder level and straighten them. Looking forward, sink down into knee.

**\*\*You can also do with the front leg straight.**

**Reverse Warrior:** Same as Warrior but reach back arm down toward the knee and front arm up to the sky. Stretch the entire side of the body.

**Dynamic Warrior:** Same as Warrior but bend leg and bring arms to side and then straighten front leg and bring arms up. Do this 10 – 20 times. This is great for a warm up.

**Crescent Lunge:** Stand up straight and bring left leg back into a lunge position and bend right leg to 90 degrees not allowing the knee to go over the ankle. Keep back straight and do a little back bend from the waist. This will open up the front of the back leg. Bring arms up over head and reach up.

**Dynamic Crescent Lunge.** Stand in a lunge position. Inhale arms up and legs up and exhale arms down and bend front leg. Do 10 – 20. Great for a warm up.



**Reverse Lunges.** Start in a standing position with both arms above head or to the sides. Reverse lunge back with right leg and then bring leg back to start and switch sides. Progression: As you bring right leg forward, use your balance and bring right knee up in front of your body or straighten your leg.



### **Mat time!**

After 20 – 25 minutes of walking and standing stretches, return to the mats. Let the dogs get a drink of water and then make sure all dogs are in a down positions and it is very quiet. Have the participants remove their shoes. The class will finish up with 20+ minutes of mat time, savasana (corpse pose) and then a doggy massage.



*The Leash Your Fitness dogs all wait to start some Dog Yoga!*

### **Belly Breaths**

Seated on the mat, teach your participants how to breath effectively. You can do many different breathing exercises but I like the belly breaths as it is something that they can practice every day.

Seated on the mat in a comfortable manner, place your hands on your belly. Inhale fully so that your belly rises as you exhale your belly should relax and pull in. In this form of breathing, you are expanding your lungs and depressing your diaphragm. Do this 5 – 10 times.

Remind your participants throughout the class to breathe into their stretches. It will allow them to stretch further and longer.

### **Mat Stretches**

There are many mat stretches that you can do. I do not recommend a down dog series as it is too much movement especially if you are indoors with not a lot of room. I would recommend staying on the mat and starting with seated stretches and then the lying stretches



**Seated Hamstring Stretch:** There are many ways to do this stretch.

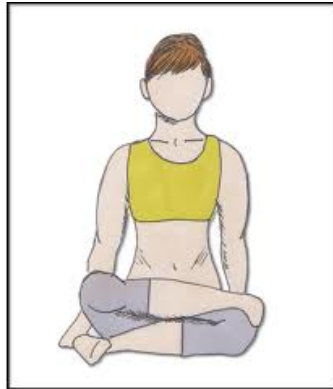
Sit upright with both legs out in front of you so body is in 90 degrees.

Both legs in front, reach forward toward toes. Bend knees slightly.

One leg straight with other knee bent up toward the sky. Reach forward and over extended leg toward the toes.

One leg straight and other knee bent on the mat. Reach forward and over extended leg toward the toes.

**Seated Twisted Pose:** Sit up straight with both legs out in front of you. Bend the left leg with knee toward the sky. As you extend the spine, twist toward your bent knee bringing the right elbow behind the knee. The left hand is PUSHING into the floor behind you to help you to extend the spine. You do NOT want to twist a bent spine.



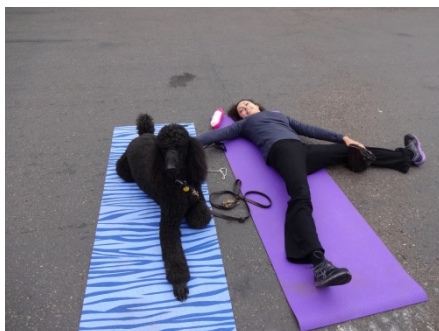
**Double Pigeon Pose:** Sit upright with back extended. Bend your left leg so that your lower leg is in front of your body. Bring your right leg on top of your left one, trying to stack your knees. Breathe into the tight hips. Progression: Keeping back extended, lean forward over your legs.

**Cat/Cow Pose:** Kneel on the mat with your hands directly under your shoulders and your knees directly under your hips. Arch your back and drop your head. Then drop your lower back and raise your chin.

*Make it dynamic!* Extend right arm out in front of your body while you straighten your left leg behind you. Try to keep your hips straight and not tilted.



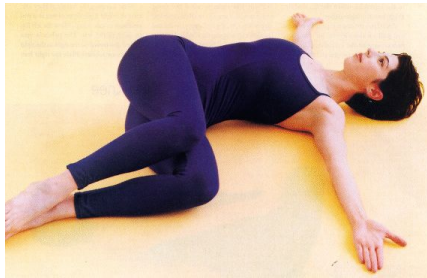
### Laying Stretches



**Straight leg stretch:** Lay down supine (*flat on your back*) on your mat. Raise left leg up toward the sky. Place your hands around the back of the knee and pull on your leg. Try to keep shoulders relaxed. You can do this with a straight leg or a bent leg. Keep the opposite leg down on the ground and cue to keep the back of the knee pushed down.

From this position you can add on various poses:

- Holding on to the leg with the opposite hand, take the leg across your body either bent or straight. You can use part of your dog leash for this one!
- Holding on to the leg with the same hand, take the leg out to the same side of your body (pictured). Try to keep both shoulders flat and both hips flat (try not to roll up).



**Two Knee Twist:** Lay down supine on the mat. Bend both knees so that the knees are facing the sky and pull them into your chest. Lower them both down to one side. Keep knees together and pull them up to the chest so that they are at a 90 degree angle with your body. Keep both shoulders flat on ground with arms extended out to the sides. Breathe!



**Boat Pose:** We usually end class with this pose. We have fun with it and get everyone laughing before we go into our Savasana. Sit upright with legs bent in front of you. Grab hold of both feet with your hands. Straighten legs out in front of you. Most people will not be able to straighten their legs. They can bend them and hold on the back of their knees if that is easier. Keep the chest up and the belly tight. The fun part is rolling backwards and then trying to come back up while still holding out to the feet. It is a lot of core work.

After all of your mat poses are complete, guide the class into a relaxation time.



**Savasana.** At the end of class, have everyone relax. Lay flat on their back and just relax EVERYTHING. You can lead a body scan for them having them start at their feet and move up the body bringing awareness to all parts of their body. Have them think of something positive and something that they are grateful for. There are all sorts of ways to lead a relaxation time so find one that you feel comfortable with. Speak in a slow, soft voice. This should last 2 – 3 minutes. They are free to lay with their dogs.

## END EACH CLASS

- End with your doggy massage and pressure points (see below under Dog Duties)
- Everyone hugs their dog at the end of class
- Thank everyone for coming
- Tell them any announcements that you have: upcoming classes, events, etc.
- Encourage them to share with their friends about your classes and GIVE them something if they do, like a free class for a referral!
- Invite them to join your social media channels and email list
- Offer them all a dog treat and / or a people treat. It is great when you can keep them around after class to mingle. It becomes more of a bonding experience.

## DOGS DUTIES

The dogs do not do yoga. They are, however, with you during the entire class. Your participants are communicating with them through their emotions and motions during class. You will incorporate them into the class by giving them commands and making them mentally aware of what is going on.

- At the beginning of class, you will start the class by walking somewhere. The dogs need to move and potty.
- Do not allow the dogs interaction with the other dogs. This is not playtime or socialization time.
- During the walking part of class, at each stop have the participant put the dog in a sit or a down. Not all dogs are going to do the command but hopefully a majority of the dogs will.
- Keep the dogs on a short lead. While doing any standing stretches, have the participant stand on the leash (no retractable leashes allowed in class).
- During the mat portion of class, have your participants lay on or loop the leash around their wrists. This is where hands-free leashes work great!
- The dogs need to be in a down position during the mat portion. If there is no sudden movements or talking, most dogs will lie quietly.
- At the end of class or the start of the mat work, have each participant do a little doggy massage on their dog. Start behind the ears as this is a calming area. Have them do a full body scan and massage down the spine, hips and legs. This is a great time to feel for any lumps or bumps too! Massage their feet and belly.
- You can also have them do a little pressure point therapy. The calming points are on the top of the skull right behind the occipital bone. Just lightly press on these areas for a few seconds and it will have a calming effect.

# STRETCH FOR A CAUSE!

Ever wanted to try Dog Yoga? This is your chance and you can benefit a good cause while you are stretching your body!

- 🐾 No prior yoga experience required.
- 🐾 Beginners WELCOME!

**What:** Dog Yoga Fund Raising Event.  
**Where:** Morley Field (Texas & Upas)  
**When:** Saturday, October 18  
**Time:** 9:00 – 10:00 am  
**Cost:** \$17 - Sign up in advance  
\$20 - Day of the event

There will be Doggy Ice Cream After class!



Sign up for the event or find out more information  
[www.LeashYourFitness.com/events](http://www.LeashYourFitness.com/events)  
619-822-3296



Fill in GREEN AREAS with your information.

**WAIVER OF LIABILITY, RELEASE, ASSUMPTION OF RISK  
AND INDEMNITY AGREEMENT**

It is the purpose of this agreement to exempt, waive and relieve Releasees from liability in exchange for my opportunity to participate in the [redacted] classes. For purposes of this agreement, the term "Releasees" shall include [redacted] or governing regulatory agency and any of the agents, employees and affiliates of the aforesaid.

For and in consideration of my participation in the Classes, I, \_\_\_\_\_ (Print Name) waive and release any right I, my heirs, distributees, guardians, legal representatives, and assigns may have to any and all claims for liability and cause(s) of action that arise in any way in connection with my participation in the Classes, including for personal injury, property damage (including damage to animals), and/or death, caused by any acts of the Releasees, including acts of negligence.

**INITIAL:** \_\_\_\_\_

I understand that the Classes involve both vigorous physical activity on my part as well as the opportunity for my dog to interact with other dogs. I acknowledge, understand, and assume the risks, including certain unique risks regarding me and my dog interacting with animals we are not familiar with, arising from the Classes. In particular, I acknowledge that:

1. I am familiar with the structure of the Classes and I will seek out and discuss and any questions or concerns that I have with the trainers who lead the Classes.
2. My dog is in good health and is unequivocally able to participate in the Classes. I will immediately notify my trainer if a change in my dog's health or other condition would affect my dog's ability to participate in the classes.
3. I affirm and attest that my dog has NEVER been in a fight of any form and has NEVER acted aggressively or violently towards any people or other dog.
4. All vaccinations for my dog are up to date. **NOTE:** rabies, bordatella, and distemper are required.

**INITIAL:** \_\_\_\_\_

**ADDITIONAL WAIVER:** I acknowledge that there may be certain unique risks to me and to my dog associated with my participation in the Classes. These include, but are not limited to, the fact that animals can be unpredictable, may fight with each other, may bite other animals or humans that are present. **I HEREBY ASSUME ALL LIABILITY AND RISK TO MYSELF AND MY DOG WITH RESPECT TO THE ACTS OF THE OTHER ANIMALS PRESENT IN THE LEASH YOUR FITNESS CLASS IN CONNECTION WITH MY PARTICIPATION IN THE CLASSES.**

**INITIAL:** \_\_\_\_\_

I (and my parent/guardian, if applicable) certify and declare that I am physically sound and not suffering from any condition, impairment, disease, or other illness that would prevent my participation in an exercise program. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate in an exercise program without the approval of my physician and do hereby assume all responsibility for my participation and activities.

**INITIAL:** \_\_\_\_\_

**OVER.....**

I (and my parent/guardian, if applicable) AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS THE RELEASEES AND EACH OF THEM FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE OR COST THEY MAY INCUR DUE TO ANY CLAIM MADE BY OR ON BEHALF OF ME AGAINST ANY OF THE "RELEASEES" THAT IS DETERMINED TO BE WITHIN THE SCOPE OF THIS AGREEMENT.

INITIAL: \_\_\_\_\_

### Health Information

Yes No Are you under the care of a physician, chiropractor, or other health care professional?

If YES, please list reason(s): \_\_\_\_\_

Please indicate the correct response below:

Yes No Has your doctor ever said you have heart trouble?  
Yes No Do you frequently have pains in your heart and or chest?  
Yes No Do you often feel faint or have spells of severe dizziness?  
Yes No Do you currently have high blood pressure, or are on medication for high blood pressure?  
Yes No Has your doctor ever told you that you have a bone or joint problem such as arthritis that may be aggravated or made worse with exercise?  
Yes No Is there any reason not mentioned here why you should not participate in an exercise program?  
Yes No Are you over the age of 65 and not accustomed to vigorous physical activity?

If you marked yes on any question above, please explain: \_\_\_\_\_

By signing below, I acknowledge and agree that I am aware that there are risks, hazards, and dangers inherent in physical activity. I hereby assume any and all such risk and accept that it is my sole responsibility to participate only in those activities for which I have adequate skills, conditioning, and training. I have completed this form to the best of my knowledge and agree to release Leash Your Fitness and its staff from any and all liability and responsibility.

I (and my parent/guardian, if applicable) acknowledge that I have been provided and have read the above paragraphs and have not relied upon any representation of releasees concerning its terms and agree that this agreement shall be construed and enforced in accordance with the laws of the State of California.

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_ **Dogs Name:** \_\_\_\_\_