

**Dan Kimball, BCC, CRC
Path4Change PLLC**

**Anthem Walk & Talk
Release of Liability**

I, _____ (print full name) do hereby release Path4Change PLLC and Dan Kimball (owner) from liability that results from but is not limited to the inherent risk of outdoors activities and exercise. I understand that participation in this program is strictly voluntary. I understand that this release discharges Path4Change from any liability or claim that I may have against Path4Change with respect to any bodily injuries, personal injuries, illnesses, death or property damage which may result from Anthem Walk & Talk activities. I recognize and understand that the activities with Anthem Walk & Talk may include inherently hazardous activities such as exercise, walking, crossing streets, trail hiking, exposure to the elements, allergic reactions and animal encounters.

Medical Release: I, _____ (sign full name) am aware of the health risks associated with hiking and long distance walking. I understand that Path4Change does not provide medical coverage. I verify that I will be responsible for any medical costs that I incur as a result of my participation.

Signature of printed name above

Date

ALWAYS CONSULT WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

By participating in Anthem Walk & Talk, you certify that you are healthy and that your physical condition allows you to perform low to moderate intensity exercise. If you experience any physical symptoms such as abnormal or sudden blood pressure changes, fainting, dizziness, or irregular heart beat or any other physical symptoms which seem abnormal to you while participating in the Program, stop exercising immediately and consult your doctor without delay.

The information provided by Path4Change coaching is for educational and informational purposes only and should not be considered medical advice, diagnosis or treatment. If you have any healthcare-related questions, please call or see your physician or other qualified health care provider without delay. Path4Change shall not be liable for any diagnostic or treatment decision made by you in reliance on any information provided by Path4Change. Should any unexpected medical event occur while you are participating in the Anthem Walk & Talk Program, please seek medical advice, diagnosis or treatment without delay.