

# Neshaminy Employee Wellness

## Registration Form

Regular vigorous exercise is an important part of a total wellness program. For most people the benefits outweigh the risk. However, it is important to know when special precautions are needed. It is also important to control the frequency and intensity of exercise so that problems are avoided. Ignoring the precautions could result in serious personal injury and even death.

**Please check any of the following which apply to you:**

	Valvular heart disease		A diagnosis of Angina		Arthritis
	Poorly controlled high blood pressure		Parent/sibling w/ heart condition		Blackouts or intermittent vision blurring
	Emphysema or chronic bronchitis		Smoking—presently or w/in 5 yrs.		High blood pressure—not controlled
	Dizziness or faintness on exertion		Muscle Strains		Deformities
	Back Problems		Abnormal Electrocardiogram		Diabetes
	Are you age 40 or above and have not been exercising regularly?		Is there any reason why vigorous activity might be harmful for you?		High cholesterol—270 mg or greater

**If you answered yes to any of the above, you should receive medical clearance before participating!**

Participants Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Worksite: \_\_\_\_\_

Job Classification: \_\_\_\_\_

NSD Sponsor: \_\_\_\_\_

**\*\*Email Address:** \_\_\_\_\_

**Complete the following for each activity you register for:**

Activity	Location	Days	Time	Fees (Guest Fees 2X)
<b>TOTAL</b>				

All amounts over \$5 must be paid in check form to NESHAMINY WELLNESS.