



The Science Of **Weight Loss**

- Lower Body Weight
- Increase Energy Levels
- Decrease Body Fat Percentage
- Drop Inches On Waist And Hips
- Lower Blood Pressure
- Healthier Body Mass Index
- Improve Fitness Level
- Better Hip Waist Ratio

FitParks Physical Activity Readiness Questionnaire

Please fill in the questionnaire below as accurately as you can. If you say yes to any of the questions it does not mean you can not join us at FitFarms it just means you will need to see your doctor before you join us.

1. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor? **YES / NO**
2. Do you ever feel pain in your chest when you do physical activity? **YES / NO**
3. Have you ever had any chest pains? **YES / NO**
4. Do you ever feel faint or have spells of dizziness? **YES / NO**
5. Do you have a joint problem that could be made worse by exercise? **YES / NO**
6. Have you ever been told that you have high blood pressure? **YES / NO**
7. Are you currently taking any medication of which FitFarms should be made aware? **YES / NO**

If so, please describe below.

8. Are you pregnant or have had a baby in the last six months? **YES / NO**
9. Is there any reason why you should not participate in physical activity? **YES / NO**

If so please describe below.

If you have answered yes to one or more questions

Talk to your Doctor and describe FitParks and the exercises that you will be participating in. Tell your Doctor about the questionnaire and which question(s) you answered yes to. If you would like FitParks to speak to your Doctor we will be happy to do so.

If you have answered no to all questions

You can be reasonably sure that it is safe to join us at FitParks.

Please note

If your health changes so that subsequently you answer yes to any of the above questions, please inform us immediately. If you become unwell because of a temporary illness such as cold or flu contact us immediately.

Next Of Kin _____
Name _____
Relationship _____
Contact Number _____
Doctors Name _____
Surgery _____
Contact Number _____
Signature _____
Email _____
Address _____

FitParks Price List

- Sunday 11th January
- Sunday 15th February
- Sunday 15th March
- Sunday 12th April
- Sunday 17th May
- Sunday 14th June

Individual days cost = £90

When booking 3 or more days you receive a 10% discount. Price per day = £81

Please write in your chosen date _____

Deposit Paid - £_____

What should I bring to FitParks?

- 6 Tracksuit Bottoms
- 3 Tracksuit Tops Or Sweaters
- 2 Pairs Of Running Shoes
- 1 Pair Of Flip Flops
- 3 Shorts
- 10 T-Shirts Or Polo Shirts
- 1 Set of Waterproofs
- 1 Pair Of Walking Boots Or Shoes
- 1 Set Of Casual Clothes
- 1 Wash Bag And Toiletries
- 1 small rucksack
- 1 bath towels
- 1 Hat
- 1 pair of gloves

Please make sure that your equipment is loose fitting to ensure easy unrestricted movement whilst exercising.

Terms & Conditions

Your contract for the FitFarms residential weight loss week is with FitFarms Limited (Company number 6175466) of 37 Halliford Road, Lower Sunbury, Surrey, TW16 6DP ("FitFarms").

Preliminary Booking.

You must confirm your place on the residential weight loss week by paying a deposit of 30% of the chosen room rate. The 30% deposit is refundable in the situation that FitFarms change the dates or cancel the residential weight loss week. Payment of the deposit constitutes acceptance by you of these terms and conditions set out below.

FitFarms will confirm to you in writing that your requested date has been confirmed. Upon receipt of written confirmation you are required to pay the balance of your chosen room rate within 21 days before the date of your weight loss course. In the case that the balance has not been paid as set out above we reserve the right to cancel your course and retain your deposit.

You shall be liable for 100% if you cancel the course less than 21 days before the start of the residential weight loss week. However we will endeavour to re-sell your place and if we are successful we will refund any funds paid by you.

The dates of the residential weight loss week will only be changed or cancelled by us in exceptional circumstances in which case any monies paid by you will be fully refunded.

1. The Weight Loss Week Includes.

1. 7 nights accommodation
2. All food and beverages
3. Yoga
4. Walking excursions
5. 7 day nutrition plan
6. 7 day exercise plan
7. Resistance exercises (exercise ball - resistance bands)
8. Exercise workshops
9. Nutrition workshops
10. Cookery workshop
11. Team games
12. Health and fitness assessments
13. Cardio workouts
14. Education - devising training and nutrition programmes
15. Transportation from train station to the barn and back to the station if requested.

Please note that the actual program for the Weight-loss Week may be changed at the discretion of FitFarms based on candidate suitability.

2. Property Insurance

Please note that FitFarms does not carry insurance to cover loss or damage to your personal goods and these remain at your own risk for the duration of the Weight-loss Week. FitFarms shall have no liability whatsoever for loss or damage to third party property. You are strongly recommended to take out your own travel insurance if you are travelling from overseas.

3. Your Health

It is a condition of acceptance on the residential weight loss week that you complete a PAR-Q form which is included in the welcome pack.

Please note that all personal information supplied by you is subject to FitFarms' Privacy Policy, a copy of which is available on request, and which can also be found on www.tescodiets.com/fitfarms

4. Exclusion of Warranties & Consequential Loss

Although FitFarms will provide all dietary and other health-related consultancy advice and exercise programmes with all the skill and care to be reasonably expected of an appropriately qualified provider of such services, it gives no other warranties or guarantees as to the precise results of the Weight-Loss Week. The success of the Weight-Loss Week for you will be directly influenced by your current health and body type. Self-discipline and effort will be required from you in order to ensure maximum benefit.

To the maximum extent permissible in law: a) all warranties, whether express or implied by statute, common law or otherwise are excluded; and b) in no event shall FitFarms, nor any of its employees, agents or other representatives be liable for any special, incidental, indirect or consequential damages whatsoever, including without limitation damages for loss of profits or any other pecuniary or other loss whatsoever arising from or in connection with any of these Terms and Conditions.

5. Applicable Law

These Terms and Conditions shall be governed by and construed in accordance with the laws of England and any disputes will be decided only by the English courts.

6. Miscellaneous

You may not assign or otherwise transfer any of your rights under these Terms and Conditions. If any provision of these Terms and Conditions is found to be invalid by any court having competent jurisdiction, the invalidity of that provision will not affect the validity of the remaining provisions of these Terms and Conditions, which shall remain in full force and effect.

Any tolerance or lenience by FitFarms in respect of a breach by you of these Terms and Conditions shall not constitute a waiver by FitFarms and it will still be entitled to all rights and remedies available to it under these Terms and Conditions or at law.

FitFarms shall not be responsible for any breach of these Terms and Conditions caused by circumstances beyond its control.

A person who is not a party to these Terms and Conditions shall have no right under the Contract (Rights of Third Parties) Act 1999 to enforce any term of these Terms and Conditions but this shall not affect any right or remedy of a third party which exists or is available apart from that Act.

Any correspondence in respect of these Terms and Conditions should be addressed to FitFarms at its registered office set out at the beginning of these Terms and Conditions or sent by e-mail to info@fitfarms.co.uk