

# Welcome to the Duke Fitness Club!

Duke is pleased to bring you the Duke Fitness Club as part of its continuing commitment to promote health and wellness among faculty and staff. The Duke Fitness Club offers you and your family discounted membership to fitness facilities throughout Central North Carolina.

The Duke Fitness Club's network of facilities provides comprehensive services, convenient locations and attractive rates for faculty, staff and their families. The enrollment process is coordinated through **LIVE FOR LIFE**, Duke's employee health promotion program.

**Eligibility:** Those eligible are all Duke University and Health System faculty and staff, retirees and their spouses or same-sex partners, and dependents. Dependents are family members who are eligible for duke benefits. More details about who qualifies as a dependent is available online.

**To Join:** Complete the enclosed application and follow the instructions for submission.

**Send your completed enrollment forms to LIVE FOR LIFE** through any of the following options:

- **Fax:** 919-684-1852, ATTN: Duke Fitness Club
- **Campus Mail:** Duke Fitness Club; Box 3200
- **In person:** Duke South Red Zone Basement Room 04290  
Office Hours: Monday-Friday, 8a.m.-5p.m.(closed Wednesday 12-2p.m.)

A LIVE FOR LIFE staff member will contact you when your enrollment forms have been received to complete the enrollment process.



**For more information, please visit our Website at [www.hr.duke.edu/fitness](http://www.hr.duke.edu/fitness) or call 919-684-3136 and select option 1.**





**Each member MUST complete a copy of this page.**

**Informed Consent for Exercise**

I desire to voluntarily participate in a TFC exercise and fitness program. I understand that exercise sessions may consist of both “aerobic” type activities, which use the large muscle groups in a rhythmical and repetitive manner for a sustained period, as well as muscle resistance type activities such as weight training. I understand that exercise at TFC is designed to be exertional, and that such physical exertion has the potential to improve functioning of the cardiovascular and skeletal systems, although specific guarantees of improvement cannot be made. I understand that certain physiological changes occur with exercise, some of which can pose health risks. Changes to expect include increases in blood pressure and heart rate. In rare cases, cardiac complications may occur. I agree to immediately report to a staff member any signs of physical distress or symptoms such as chest pain or unusual shortness of breath. I agree to take personal responsibility for using proper footwear and clothing, always warming up and cooling down with each workout, asking for instructions from an instructor before using equipment, working at an exercise pace appropriate for my fitness level, and acting on adverse signs and symptoms. In consideration of my voluntary participation in TFC facilities and programs, I, for myself, my heirs, executors, administrators and assigns, hereby release and discharge TFC, LIVE FOR LIFE, Duke University and their agents and employees from any and all demands, causes of action and claims for damages suffered by me as a result of my participation in above mentioned activities. I specifically release TFC, LIVE FOR LIFE, Duke University, their employees and associates from all injuries or damages arising from or contributing to any physical impairment or defect I may have, whether latent or patent, and agree that TFC, LIVE FOR LIFE and Duke University are under no obligation to provide physical examination or other evidence of my fitness, the same being my sole responsibility.

I have read and understand all policies and procedures of TFC, and accept responsibility for abiding by all regulations and policies, which may from time to time be reasonably adopted. I understand my membership is activated once I complete these forms and pay my membership fees.

*Signature* \_\_\_\_\_

*Date* \_\_\_\_\_

