

Print Patient's Name:



Washington Hospital
Childbirth and Family Services
Participation Form

I would like to participate in the Prenatal Exercise class offered by Washington Hospital Childbirth and Family services. I understand this program uses stretching, low impact cardio exercise, mild resistance exercise, yoga and relaxation to promote flexibility, strength, and improve posture and balance during the childbearing years.

I have reviewed the pre-registration packet and understand the risks and benefits of exercising during pregnancy. I have discussed any concerns I have about exercising with my healthcare practitioner.

I am also aware that I should decrease activity or rest if the following symptoms occur during class:

- Dizziness
- Shortness of breath
- Pain
- Uterine contractions
- Vaginal bleeding
- Muscle weakness
- Chest pain
- Headache
- Calf pain or swelling
- Preterm labor

I understand that the Introduction to Exercise Class is required prior to attending Prenatal Exercise sessions. During this class I will learn good body mechanics, how to check my resting heart rate, and calculate with the instructor, my ideal pregnancy cardio heart rate based on the International Childbirth Association and Academy of Obstetricians and Gynecologists guidelines. I also understand that the best indicator of a safe exercise program is the ability to continue to talk during the exercise.

I have completed the Fitness Assessment and discussed with my Obstetrician or Healthcare Practitioner my plans to register for this class.

While pregnant, I understand that I will only be allowed to attend class under the direction of my Obstetrician/HealthCare Practitioner.

Patient's Signature

Date

I am the attending Physician/Healthcare Practitioner of the above-named patient who is actively under my care. I have discussed the risks and benefits of a Prenatal Exercise program with this patient. It is my medical judgment that a prenatal exercise program is a healthy activity for the above-named patient to participate in at this time.

Signature

Date