

healthy lifestyle

Group Agreement

Group Agreements are guidelines that everyone agrees to follow in order to make the group a safe place.

- I agree to use “I” statements. For example, “I feel” or “I will” and not “you should” or “you must.”
- I agree to keep confidentiality. What is said in the group stays in the group during and after the program.
- I agree that each person has a right to their feelings and will not be condemned for those feelings.
- I agree to give and receive feedback. Participation in the group process is an important part of my growth.
- I agree to daily set aside time to read my notes, reflect, journal and pray over my lifestyle choices.
- I agree to replace “I can’t” with “I choose not to,” recognising that I am responsible for facing the challenges and making changes in my life.
- I agree to make a 10 session commitment to the group and myself. If I am absent my place in the program will be reviewed.
- I agree that I will not touch another person, however kindly intended, without asking and/or receiving permission.
- I agree not to use chemicals on the premises. I agree I will not come to the group under the influence of drugs or alcohol.
- I agree to be physically active at least three times a week.

“I understand that, should I act in any manner that would significantly prejudice the well-being or progress of any fellow course members, I can be required to cease attending the course.”

Declaration

I acknowledge that participation in physical activity can carry some risk to my health, and that it is my responsibility to assess my level of fitness, identify any medical conditions that I may suffer from, seek medical advice, and consult the *Healthy Lifestyle* (HL) representatives for assistance in the development of an appropriate exercise program.

I hereby certify that I am aware of no medical condition (except those I have specifically brought to the attention of the HL representatives) that may increase my risk of illness or injury as the result of my participation in the HL program. I have read and understood this agreement and hereby exempt, release and discharge *Careforce Lifekeys*, its servants, agents and contractors from liability for any injury caused during or as a result of my participation in any exercise as part of participating in the *Careforce Lifekeys* program *Healthy Lifestyle*. I agree to abide by the *Careforce Lifekeys* conditions and regulations.

I have read and agree with these conditions:

Name: _____

Signed: _____

Date: _____

