

Waiver of Liability

"In consideration of your accepting me as a participant in the Sevenoaks Walking Club and permitting me to use the common area within Sevenoaks Shopping Centre for walking and fitness endeavors, I hereby for myself, my heirs, executors, administrators and assigns, assume all risks arising from my participation and I waive and release any and all right or claim I may have against Sevenoaks Shopping Centre and Morguard Investments Limited, including all directors, officers, agents and employees acting on their behalf as well as any sponsors or other persons involved in the Sevenoaks Walking Club, from and against every demand, claim, cause of action, judgment, and expense and all loss or injury or both that I now have or may hereafter incur arising from or relating to any action or injury which may occur as a result of, or associated with, my participation in the Sevenoaks Walking Club. I hereby further warrant that I am of full age of consent and have every right to contact in my own name in this regard. I am in good medical condition/health, and have no medical problems, which would prevent me from participating in the Sevenoaks Walking Club. I have fully informed myself of the contents of this waiver and release, by reading it before having signed it."

Disclaimer:

As agent for the Landlord, Morguard Investments Limited ('Morguard') is committed to maintaining the security and confidentiality of personal information in accordance with applicable privacy legislation and Morguard's Privacy Policy. By completing and signing this form, you are consenting to Morguard collecting, using and disclosing your personal information in order to identify and communicate with you, for such other purposes as may be necessary in order to provide you with the products and /or services you have requested, and for any other purposes where you consent or where such collection use or disclosure is permitted or required by law. You represent that you have all necessary authority and/or have obtained all necessary consents from any other individual about whom you have disclosed personal information to Morguard in order to enable us to collect, use and disclose such personal information to fulfill the purposes described above. For further information regarding Morguard's personal information handling practices, please refer to Morguard's Privacy Policy at www.morguard.com



Starting

Always check with your doctor before starting any exercise program. Wear loose, comfortable clothing. Your shoes should fit properly and have good support, traction and shock absorption.

Stretching

Warm up 5-10 minutes with stretches before you start your walk. Slowly ease into your routine, increasing your pace.

Stepping

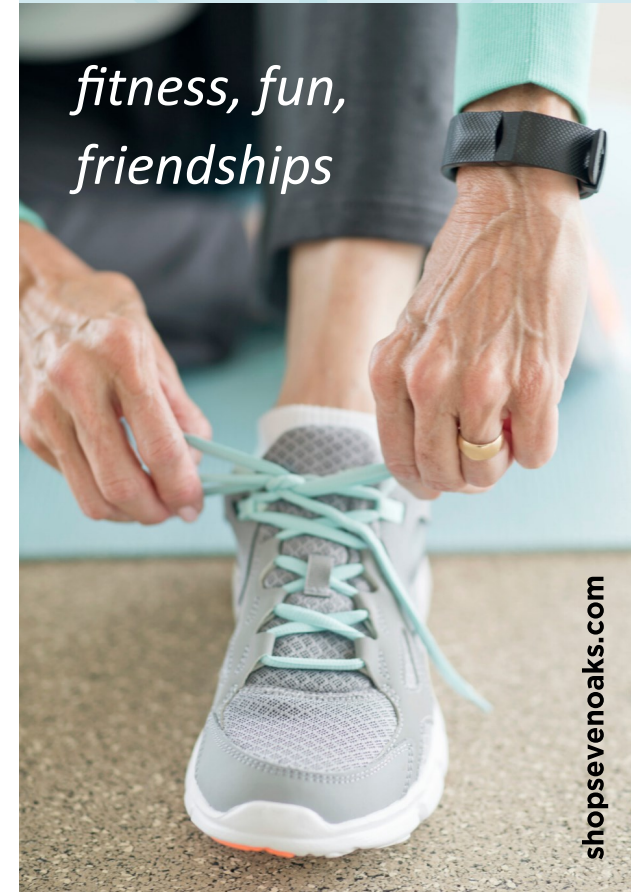
Walk 3-5 times a week for at least 20 minutes. Remember to check your target heart rate. Drink plenty of liquids before and after your walk. Pay attention to warning signs! If you experience chest pain or pressure, difficulty in breathing, pain in your limbs or neck, nausea or dizziness, check with a physician immediately.

Spotting Success

Set personal goals that will keep you active while still having fun. See results in better sleep, increased energy and flexibility. Increase your routine to lose weight and gain strength.

SEVENOAKS
WALKING CLUB

*fitness, fun,
friendships*



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SEVENOAKS
SHOPPING CENTRE

SEVENOAKS WALKING CLUB

About

Welcome to the Sevenoaks Walking Club, your strides and steps to a healthy lifestyle.

The Sevenoaks Walking Club started in 1993 with a small faithful group that has grown to over 200 annual members. The success of the program is based on our philosophy to participate in a program designed for fitness, fun and friendships!



Walking Benefits

Walking can help to reduce stress and improve sleep, as well as increase your overall energy.

Walking can improve muscle tone and flexibility, aid in weight loss, and is an ideal way to improve cardiovascular fitness.

Walking at Sevenoaks is safe and comfortable all year round.

Please visit Sevenoaks Administration Office (upstairs in suite 201) Monday to Friday 9am–5pm for more information.

fitness, fun, friendships

Become a Member!

Your membership gives you access to the Centre during pre-opening hours, social activities, and more!

We offer a fun, safe place to walk, 6 days a week:

Monday - Saturday beginning at 7:30am (excluding holidays).

Only Sevenoaks Walking Club Members have early access into the Centre and are required to wear their membership badge.

New Members will receive:

- A Walking Club Lanyard
- ID holder and membership badge
- Welcome Letter

Note: Membership expires annually each September.

To sign-up, complete the attached form and return it to the Sevenoaks Administration Office (upstairs in suite 201).



SEVENOAKS SHOPPING CENTRE

Sevenoaks Walking Club Registration:

Full Name (please print):

Email:

Phone #:

Birthdate:

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Emergency Contact:

Emergency Contact Phone #:

By signing below, I acknowledge that I have read, understood, and accept the "waiver of liability" and "disclaimer" printed on the reverse of this document.

Signature:

Date:

OFFICE USE ONLY

Registration Date: _____

New Member Renewing Member