

**HANCOCK COUNTY HEALTH DEPARTMENT
FITNESS AREA**

**671 Wabash Ave Carthage, IL 62321
Phone (217) 357-2171**

Welcome to the Hancock County Health Department Fitness Area!

We're glad that you have chosen to improve your health through exercise, and we want to do what we can to help you succeed. All users must sign a Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement before using this facility and equipment.

Your healthcare provider has referred you to this service. We will follow any instructions or restrictions from your provider regarding your exercise activity. Weight and blood pressure will be checked at your request. A client number will be assigned to protect your privacy.

The Fitness Area will be open Monday through Friday (except federal holidays) from 8 am to 4 pm. Please sign in every time you come to exercise.

If you have a separate pair of tennis shoes or other solid, comfortable shoes you can use for exercise, please do so. If not, please be sure (especially in wet weather) to clean your shoes off as thoroughly as possible to protect the foam floor and equipment. The user weight limit on our equipment ranges from 300-500 lbs. If you are over 300 lbs, please discuss with staff which machines will be best for you.

You are welcome to use the refrigerator, tv, dvd/vcr, and radio/stereo as you exercise. Please be considerate of those working in the offices around the Fitness Area.

If you have questions, concerns or suggestions pertaining to the fitness area, please let us know. Call Maureen at (217) 357-2171 ext 119. We want this to be a place that makes exercise fun!

Name_____ Date_____

Phone Number_____ Client Number_____