



Stepping Into His Image

Mission Statement: Empowering women of all ages to have a Christ-like image of themselves, both inside and out.

Commitment: I commit to being open and honest throughout this 10-week transformation by being led by the Holy Spirit to gain more understanding of my Image in Christ. In order to promote a safe environment for sharing, we ask that each siHi participant enter into an agreement of confidentiality.

Participation and Assumption of Risk Agreement

I, acknowledge that participation in a physical exercise program can be hazardous to my health and that I have an increased risk of injury by participating in this program.

I agree and understand that I am solely responsible for my health and medical condition, and that it is my sole responsibility to determine my physical and medical fitness to participate in any exercise program.

I know that physical exercise is a potentially hazardous activity and certify that I am in good health and physically fit to enter into an exercise program. I acknowledge that I am aware of the many risks involved in physical exercise in general.

I accept all the inherent risks of participating in the exercise program. I understand and agree that siHi Leaders, Ericka Goodrich and Stacey Williams, shall assume no responsibility or liability for me for accident, illness, or loss of, or damage to, personal property resulting from my participation in this exercise program.

I hereby fully and forever release and discharge Stepping Into His Image Ministries, Inc. and its affiliates, parents, subsidiaries, directors, officers, employees, partners, principals, agents, representatives, predecessors, successors, assigns, and insurers, from and of any and all claims, demands, liabilities or causes of actions whatsoever, which I now have or may have against said releasees, whether presently known or unknown, suspected or unsuspected, whether or not now claimed, in connection with my participation in the SIHI program.

Signature

Date

Parent Signature (if under 18)

Date