CONSENT AND RELEASE

In consideration for my engagement (or a child under my care) as a subject for photographs and/or recordings,
and other good valuable consideration, the receipt and sufficiency of which are hereby acknowledged, I,
, irrevocably consent to and authorize Shape Up US to take, create, use, reproduce,
transmit, display, publish and perform photographs, video or audio images or recordings of me, and to create derivative
works of such photographs, images or recordings and to use, reproduce, transmit, display, publish and perform such
derivative works, in any form or medium, whether now known or hereafter devised, including digital form such as
podcasts (collectively, the "Works") for any purpose whatsoever, including, but not limited to, in Shape Up US
promotion, advertising or trade.
I irrevocably consent to and authorize the use of my name or a fictitious name and biographical information in
connection with the Works.
I release, discharge, and hold harmless Shape Up US and its respective board members and sponsors from and
against any and all claims and liabilities based on or arising out of the use, reproduction, transmission, display,
publication or performance of the Works as authorized by this consent and release, including, but not limited to, any
claims of libel, defamation, invasion of the right to privacy or infringement of the right of publicity.
I relinquish and assign to Shape Up US all of my rights, title, and interests in and to the Works, including all
copyright rights. I waive any right to inspect or approve the Works or any work product in which the Works may be
used.
I warrant that I have the right to enter into this agreement, I am over the age of majority, that I have read this
consent and release prior to its execution, and that I understand and agree with its terms.
Signature (Parent or guardian signature if participant is a minor)
Printed Name
FIIIIEU INAIIIE
Date
Date