

Terms and Conditions for the Lasting Success & LS-Lite (Weight Management Programmes) by Sharon Heaton

1. Programme Overview

- 1.1. Lasting Success and LS-Lite are 20-week weight management programmes designed for individuals who are significantly overweight.
- 1.2. The programme is delivered via weekly workbooks, email, WhatsApp, Zoom and Facebook

2. Eligibility and Enrolment

- 2.1. Participants must:
 - a) Be residents of the United Kingdom
 - b) Be at least 18 years of age
 - c) Have a weight loss goal of 3 stone (19 kg) or more
 - d) Be available and willing to commit to the full 20-week programme duration
- 2.2. Enrolment is subject to availability and at the discretion of the programme administrators.

3. Payment and Refund Policy

- 3.1. Full payment is required to secure a place in the programme.
- 3.2. All payments are non-refundable.
- 3.3. Payment must be made through the approved channels specified by the programme administrators.

4. Special Offers and Discounts

- 4.1. A limited number of participants may be invited to join the programme at a special offer price.
- 4.2. Participants who choose to enrol on the programme at a discounted or special offer price will be treated exactly the same as those paying the full price.
- 4.3. Where a discount is offered to participants in a testing role, this will be explicit in the recruitment and enrolment process, and assumes that 'testers' agree to:
 - a) Provide regular, constructive feedback on all aspects of the programme
 - b) Complete any feedback forms or surveys provided by the programme administrators
 - c) Offer suggestions for improvement throughout the duration of the programme

4.4. Testers are subject to all other terms and conditions as outlined in this document.

4.5. The programme administrators reserve the right to limit the number of discounted and special offer places available.

4.6. Discounted and special offer places are offered at the sole discretion of the programme administrators.

5. Participant Responsibilities

5.1. Participants are responsible for:

- a) Attending any scheduled WhatsApp or Zoom sessions
- b) Engaging with programme materials sent via email
- c) Following the programme guidelines and recommendations to the best of their ability
- d) Maintaining open communication with programme facilitators about their progress and any concerns

5.2. Participants are responsible for ensuring they have the necessary technology and internet connectivity to participate in sessions.

6. Disclaimer and Limitation of Liability

6.1. The Lasting Success and LS-Lite programmes are designed for educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment.

6.2. Participants are advised to consult with their healthcare provider before starting any new diet or exercise programme.

6.3. The programme administrators and facilitators are not liable for any injury, illness, or adverse effects that may result from participation in the programme.

7. Privacy and Data Protection

7.1. The programme administrators will collect and process personal data in accordance with the UK Data Protection Act 2018 and the General Data Protection Regulation (GDPR).

7.2. Personal information collected may include name, contact details, health information, and progress data related to the programme.

7.3. This data will be used solely for the purposes of administering the programme, providing support to participants, and evaluating programme effectiveness.

7.4. Participants have the right to access, rectify, or request deletion of their personal data at any time by contacting the programme administrators.

7.5. Full details of data handling practices can be found in our separate Privacy Policy.

8. Intellectual Property

8.1. All materials provided as part of the Lasting Success and LS-Lite programmes, including but not limited to presentations, handouts, videos, and email content etc, are protected by copyright and other intellectual property laws.

8.2. Participants may use these materials for personal use in conjunction with the programme but may not reproduce, distribute, or create derivative works without express written permission from the programme administrators.

8.3. Participants agree not to record, share, or distribute any content from videocall sessions without prior written consent.

9. Programme Changes and Termination

9.1. The programme administrators reserve the right to make changes to the programme structure, content, or schedule if deemed necessary.

9.2. In the event of significant changes, participants will be notified via email.

9.3. The programme administrators reserve the right to terminate a participant's involvement in the programme for violation of these terms and conditions, or for any behaviour deemed disruptive to the programme or other participants.

9.4. In the event of termination, no refund will be provided.

10. Communication

10.1. Primary communication regarding the programme will be via email. Participants are responsible for ensuring their provided email address is accurate and checked regularly.

10.2. Participants agree to notify the programme administrators promptly of any changes to their contact information.

11. Governing Law and Jurisdiction

11.1. These terms and conditions are governed by and construed in accordance with the laws of the United Kingdom.

11.2. Any disputes arising from or related to this programme shall be subject to the exclusive jurisdiction of the courts of the United Kingdom.

12. Acknowledgment

12.1. By enrolling in the Lasting Success or LS-Lite programme, participants acknowledge that they have read, understood, and agree to be bound by these terms and conditions.