

Health Commitment Statement

Your health is your responsibility. The Mindset Coach and other staff are dedicated to helping you take every opportunity to enjoy the programmes and activities that we offer. With this in mind, we have carefully considered what we can reasonably expect of all parties.

Our Commitment to You

1. We will respect your personal decisions and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider to be your own abilities.
2. We will make every reasonable effort to make sure that our equipment and activities are safe for you to use and enjoy.
3. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the register of exercise professionals.
4. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment and facilities, we will consider what adjustments, if any are reasonable for us to make.

Your Commitment to Us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might impact you exercising safely, you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel unwell when using our equipment or during activities. Our staff members are not medical professionals but have the necessary first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

By booking one of our classes, 1:1 sessions, consultations, or courses, you confirm that you have read and understood the Health Commitment Statement and will use equipment safely as instructed and undertake any appropriate activities as instructed by the Mindset Coach.

For activities aged between 11 and 15

The parent/guardian on behalf of the child/young person (s) will have read and understood the Health Commitment Statement and communicate to the child/young person(s) that they will only use equipment that he/she has been instructed to use and follow the instructions of the Mindset Coach.

When addressing any potential benefits of the programme content, **we have made every effort to accurately represent our service** and its ability to impact your life positively.

Chris the Mindset Coach **cannot guarantee that you will experience results** in any given **timeframe** or drastically improve.

This programme does **not aim to diagnose** or treat specific conditions.

This programme and its activities have been shown to **affect the majority of people** but **cannot guarantee** it will have any **particular impact**.

This approach is **intended for educational purposes only** and the information provided is **not a substitute** for individual **medical advice**.

