

Health Notices

The GETFIT wellness plan was developed by respected health professionals. However, GETFIT isn't a medical organization and we can't give you medical advice. We strongly urge you to consult with your primary health care provider (e.g., physician or nurse practitioner) before starting any exercise program or engaging in any new physical activity. Exercise plan that could result in weight loss, even if weight loss is not your goal and it is your responsibility to you're your primary health care provider's approval prior to beginning. We create physical activity plans and exercise programs to best reach your fitness goals. We follow most established guidelines regarding weight management, and safe exercise prescription. GETFIT may advise you to not seek weight loss if your current weight is considered below normal by the World Health Organization, as described as a Body Mass Index (BMI) below 18.5. However, we are aware that BMI is simply a number that does not predict overall fitness, thus if there are concerns of safety we may request permission to proceed from your healthcare provider. We encourage you to maintain your weight within the healthy weight guidelines endorsed by the World Health Organization, equivalent to a Body Mass Index (BMI) between 18.5-25.0. However, we recognize that BMI is an imperfect measure of an individual's health and that other factors may be a more robust predictor of certain health outcomes. You can calculate your BMI here.

We also urge you to get periodic medical checkups. A wellness plan can create physical changes that should be medically monitored. Studies have shown, for example, that weight loss can aggravate gall-bladder illness. Weight loss is not advised for people with a BMI below the healthy range. Medical monitoring is especially important for people with a known medical condition. The plan encourages a healthier pattern of eating and the development of healthy lifestyle habits, however it is not intended to treat any illness or disease. During exercise programming or consultations we may discuss these lifestyle habits and how they may pertain to your overall health, but again, this not intended to treat any illness or disease. It is for educational purposes only. For specific and professional recommendations, we defer to your healthcare provider. In addition:

- GETFIT prohibits participation in its weight loss and wellness plan for children under the age of 18 and individuals who have been diagnosed with or treated for anorexia nervosa or bulimia nervosa in the last year.
- You may not enroll in GETFIT participation if you are under age 18 or if you are pregnant.
- If you are being treated for a medical condition, taking prescription medication, or following a therapeutic diet to treat a disease, it's especially important to show the GETFIT plan to your health care provider. Any modifications made to the plan by your health care provider should be followed. It is your responsibility to seek permission from your healthcare provider prior to beginning an exercise plan. If your healthcare provider has modifications made to any GETFIT plan, it is your responsibility to notify GETFIT at getfitMD@outlook.com.
- ~~GETFIT will provide an intake target and adjustment instructions as needed to promote a healthy weight and health practices. The GETFIT program is designed for a safe rate of~~

~~weight loss – up to two pounds per week (after the first three weeks). If you lose at a greater rate, you must review the plan guidelines and adapt them, if necessary, to avoid rapid weight loss. Not following the plan as designed may pose the risk of developing health complications associated with rapid weight loss.~~

- We may recommend that you monitor your weight at specified intervals. once per week. If your weight falls below guidelines for a healthy weight, you must review the plan guidelines and adapt them to maintain a healthy weight. It is your responsibility to notify your primary care provider of weight changes and any overall health changes. GETFIT also recommends that you discuss your goals for participating in GETFIT with your health care provider. Not following the plan as designed may pose the risk of developing health complications. ~~associated with low body weight.~~
- You are not required to set a weight loss goal to join GETFIT. You may opt to maintain your current weight while developing healthy habits. Members with a BMI below 18.5 are not permitted to set a weight loss goal.

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