

Health Notices

Unless we indicate otherwise, this Health Notice applies to your use of the websites which are owned or operated by GETFIT, CPT, LLC ("GETFIT" "we," "us," or "our") and our affiliates (collectively, "GETFIT"), including, without limitation, this website and any other website that we may own or operate currently or in the future (collectively, our "Website"), the Apps, including any software upgrades that may replace or supplement the original Apps, and all of the Fee-Based Products that we may offer currently or in the future. By using this Website, the Apps and/or our Fee-Based Products, you agree to be legally bound and to abide by this Notice, just as if you had signed it. The following health notice is in addition to our Terms and Conditions, Privacy Policy and Membership agreement, which are hereby incorporate to the Health notice by this reference.

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 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 nor describe overall fitness, thus if there are concerns of safety we may request permission to proceed from your healthcare provider.

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 gallbladder illness. 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:

- 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 and to communicate your healthcare provider's recommendations to GETFIT. 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 trainers.getfit@outlook.com
- We may recommend that you monitor your weight at specified intervals. . 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. Note, following the plan as designed may pose the risk of developing health complications.

In order to participate in GETFIT services, it is your responsibility to read the following information as it pertains to consent to participate and your health:

Description of Potential Risks:

You understand that the reaction of the heart, lung, blood vessels as well as other systems to exercise cannot always be predicted with accuracy. There is a risk of certain abnormal changes occurring during the following exercise, which include abnormalities of blood pressure or heart attacks as well as other side effects. Use of weightlifting equipment and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not consistently followed. You understand we shall not be liable for any damages arising from personal injuries sustained by you while and during and/or from a personal training program does so at his/her own risk. You assume full responsibilities for any injuries or damages which may occur during and/or after training.

In review of this document, you have been informed that there exists the remote possibility during exercise of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. You further understand and have been informed that there exists the risk of bodily injury including, but not limited to, injuries to the muscles, ligaments, tendons, and joints of the body. You fully understand the risks associated with exercise, including the risk of bodily injury, heart attack, stroke or even death, but knowing these risks, it is your desire to participate as herein indicated.

By participating in GETFIT services you have agreed to review this health notice which is legally binding, as though you have signed it. You understand and warrant, release and agree that you are in good physical condition and that you have no disability, impairment or ailment preventing you from engaging in active or passive exercise that will be detrimental to heart, safety, or comfort, or physical condition if you engage or participate (other than those items fully discussed on the health history form).

You understand that it is our recommendation that prior to beginning an exercise program you have had a recent physical checkup and have your personal healthcare provider's permission to engage in aerobic and/or anaerobic conditioning