# Kala Life® Liability Waiver and Release Form

This Liability Waiver and Release Form (the 'Agreement') is entered into by the undersigned participant (the 'Participant') and Kala Life® (the 'Company'). By signing this form, the Participant acknowledges and agrees to the terms and conditions outlined herein.

## 1. Assumption of Risk

The Participant understands and acknowledges that participation in fitness programs, workouts, and nutritional guidance provided by Kala Life® involves inherent risks, including but not limited to physical injury, illness, or unforeseen complications. The Participant voluntarily assumes all such risks.

## 2. Medical Clearance

The Participant certifies that they are physically fit, have consulted with a healthcare professional if necessary, and have no medical or physical conditions that would prevent participation in the Company's programs or activities.

## 3. Waiver of Liability

The Participant hereby releases, waives, and discharges Kala Life®, its officers, employees, agents, and affiliates from any and all liability, claims, demands, or causes of action arising out of or related to any injury, illness, or damages incurred during participation in any of the Company's services or activities.

## 4. Participant Responsibility

The Participant agrees to follow all instructions provided by the Company and its representatives. The Participant accepts full responsibility for their actions and any consequences arising from their participation.

## 5. Indemnification

The Participant agrees to indemnify and hold harmless Kala Life® from any claims, damages, or expenses, including legal fees, arising from the Participant's actions or failure to adhere to the terms of this Agreement.

## 6. Photo and Video Release (Optional)

By signing below, the Participant grants permission to Kala Life® to use their photos or videos taken during participation in activities for promotional purposes. The Participant understands that no compensation will be provided for such use.

## 7. Governing Law

This Agreement shall be governed by and construed in accordance with the laws of [Your State/Country]. Any disputes arising under this Agreement shall be subject to the exclusive jurisdiction of the courts in [Your Location].

Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_