

Health & Fitness Disclaimer

The information, services, and guidance provided by Arête Health & Wellness are intended for general health, fitness, and wellbeing purposes only and do not constitute medical advice, diagnosis, or treatment.

Participation in any exercise, fitness programme, or physical activity is undertaken at the individual's own risk. It is the responsibility of the client to ensure they are physically and medically fit to participate. Where appropriate, clients are advised to seek medical clearance from a GP or other qualified healthcare professional before commencing any exercise programme.

Arête Health & Wellness does not provide medical diagnosis or treatment as part of personal training or fitness services. While care is taken to design programmes that are safe, evidence-based, and appropriate to individual needs, no guarantees can be made regarding specific outcomes or results.

By engaging in any health or fitness services offered, clients acknowledge and accept full responsibility for their participation and any associated risks.