

Scope of Practice Statement

Services provided by Arête Health & Wellness are delivered within clearly defined professional boundaries. Personal training and wellbeing services are provided in a fitness and lifestyle context and do not constitute nursing care, medical diagnosis, or clinical treatment.

While the practitioner holds a nursing qualification, nursing services are not provided unless explicitly stated and only once professional registration is active. Until such time, all services are delivered solely within the scope of fitness, wellbeing, education, and public speaking.

This distinction ensures ethical, professional, and regulatory compliance at all times.