

## **Medical Disclaimer**

### **1. General Information**

**The information, services, and content provided through this website, consultations, training sessions, and communications are intended for general health, fitness, and wellbeing purposes only.**

**They are not a substitute for professional medical advice, diagnosis, or treatment.**

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### **2. No Medical Diagnosis or Treatment**

**As a personal trainer and healthcare professional working within a non-clinical fitness and wellbeing setting:**

- **I do not diagnose medical conditions**
  - **I do not prescribe medication or medical treatment**
  - **I do not replace your GP, hospital, or specialist care**
- Any guidance provided is based on general fitness, lifestyle, and wellbeing principles.**

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### **3. Consultation with Medical Professionals**

**You are strongly advised to consult your GP or qualified healthcare provider before beginning any new exercise programme, nutrition plan, or health-related service, especially if you:**

- **Have any pre-existing medical conditions**
- **Are recovering from injury or illness**
- **Are pregnant or recently postpartum**
- **Are taking medication that may affect physical activity**

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### **4. Personal Responsibility**

**By engaging with services or content provided, you acknowledge that:**

- **You are voluntarily participating in physical activity**
- **You are responsible for monitoring your own condition during and after sessions**
- **You will stop activity and seek medical advice if you experience pain, dizziness, or discomfort**

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### **5. Risk Acknowledgement**

**All physical activity carries inherent risks, including but not limited to injury or adverse health events.**

**While all reasonable care is taken to ensure safe practice, participation is at your own risk.**

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#### **6. Accuracy of Information**

**Every effort is made to ensure that information provided is accurate and up to date. However, no guarantee is given that all content is free from errors or suitable for every individual circumstance.**

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#### **7. Limitation of Liability**

**To the fullest extent permitted by law, no liability is accepted for any injury, loss, or damage resulting from the use of information or services provided, including failure to disclose relevant medical information or failure to follow instructions.**

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#### **8. Emergency Situations**

**This service is not designed for emergency medical care. In the event of a medical emergency, you should contact emergency services immediately (999 in the UK | 112 – Europe or 911 USA)**

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#### **9. Contact Information**

**If you have any questions regarding this Medical Disclaimer, please contact:**

For any questions regarding this policy, please contact:

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