



NON MEDICAL ADVICE DISCLAIMER

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Sense4FIT (“Creator”) posts, programs, and eBooks herein referred to as (“products”) are intended for educational and informative purposes only and are not intended to serve as medical or professional advice. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your unique needs.

This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it.

If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. This app and content from its Creator offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.

If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site.

The use of any information provided on this site is solely at your own risk. Developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material. If you are having a medical or health emergency, call your health care professional, immediately.

HOLD HARMLESS AGREEMENT

Always consult your doctor before making any changes to your diet or nutrition program. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science and is not the purpose of this program. The purpose of this program is to help healthy people reach their cosmetic fitness goals by educating them in proper nutrition and exercise guidelines.

No health claims are made for this program. The Products will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The Creator is not a medical doctor, registered dietitian, or clinical nutritionist. Your nutrition plan will not be effective by itself. You must combine a reduced calorie diet, with an appropriate exercise program, for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program.

The Creator shall have neither liability, nor responsibility, to any person or entity with respect to any of the information contained in the Products. The User assumes all risk for any injury, loss or damage caused or alleged to be caused, directly or indirectly by using any information described in this program.

By performing any of the exercises in this program, the User assumes ALL risks of injury from doing so. The Creator is NOT responsible or liable for any injury or loss that the user may sustain by participating in this exercise program.

The User bears full responsibility for the risks related to the execution of the exercises in the places chosen by him and which are not in the strict observance of the Creator or in his judicial protection.

References that we've used to document our content:

1. https://food.ec.europa.eu/index_en
2. https://health.ec.europa.eu/nutrition-and-physical-activity/overview_en
3. https://food.ec.europa.eu/safety/labelling-and-nutrition/nutrition-and-health-claims_en
4. https://food.ec.europa.eu/safety/labelling-and-nutrition/nutrition-and-health-claims/nutrition-claims_en
5. https://food.ec.europa.eu/safety/labelling-and-nutrition_en