



- *Natural Therapies*
- *Weight Loss & Detox Centre*
- *Private Gym*
- *Private Personal Training*

AGREEMENT AND RELEASE

In this agreement:

- a) Motivating Health or MH means Lance Cecil Roberts and Tamara Vida Roberts and/or any other individual or entity who may from time to time hold a proprietary interest in the business known as Motivating Health ABN 44 933 161781
- b) TMP means Treating Medical Practitioner, Physician, doctor, general practitioner or GP.

Exercise carries some risk including, without limitation, risk to the musculoskeletal system and to the cardio respiratory system

I understand and am aware that strength, flexibility and aerobic exercise, including the use of exercise equipment is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury or death, and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. If I choose to perform any of the exercises or programs contained within or demonstrated within this online club/portal, I agree to expressly assume and accept any and all risk of injury or death.

I further declare myself to be physically sound and suffering from no condition, impairment, disease, or other illness that would prevent my participation in exercise programs or use of equipment demonstrated.

I acknowledge that I have been informed of the need for the approval for my (TMP) for participation in an exercise, fitness activities or the use of exercise equipment. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my (TMP) as to physical activity exercise and use of exercise and training equipment, so that I might have his/her recommendations concerning these fitness activities and equipment use.

I acknowledge that I have either had a physical examination and been given permission by my (TMP) to participate, or that I have decided to participate in the activity and use of the demonstrated equipment or exercises without the approval of my physician and assume all responsibility for my participation in activities, and utilisation of equipment in my activities.

I acknowledge and agree that no warranties or representations have been made to me by any representative of **Motivating Health** regarding the results I will or may achieve from any program conducted by *them*. I understand that results are individual and may vary.

I acknowledge and agree that Motivating Health take no responsibility for the anatomical correctness of the exercises demonstrated.

I will not copy and redistribute the content of the Motivating Health online club/portal on to any medium - electronic or otherwise and understand to do so would infringe copyright laws of Australia.