

## Terms & Disclaimer

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Should you purchase a fitness product developed by “2 Health Nuts,” or engage in any or all of the workouts that may be showcased on this website, or any of our social media channels – included, by not limited to, Facebook, Instagram, Twitter, etc. - you acknowledge and understand these exercises are physical and progressive in nature. These workouts and/or programs are designed for healthy individuals, over the age of 18, who are, currently, involved in a cardiovascular or strength training program and/or are being supervised by a qualified professional.

You also acknowledge that you have been informed of the need to obtain a physician's examination and/or approval prior to the beginning of these workouts, especially if I have any contraindications to exercise. Progressive physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The “2 Health Nuts” advise you to take FULL RESPONSIBILITY for your own safety, and to be mindful of your, personal, physical fitness limits and abilities.

As mentioned, these are to be used as informational material only. These workouts are merely suggestions and guidelines and have been designed to be modified and tweaked as needed. While we have shared, demoed, and/or explained proper form and technique, we kindly ask (and recommend) that you DO NOT PERFORM any components of the workouts if you are training alone, brand new to exercise, coming off an injury, fatigued, dizzy, lightheaded, and or nauseous.

In the event that you do begin to experience lightheadedness, dizziness, nausea, or any other symptom/ailment that does not feel “right,” stop IMMEDIATELY and consult with your physician.

Once again, I have read this disclaimer and fully understand its terms. I understand that I am giving up substantial rights, including my right to sue. I acknowledge that, upon purchase, I agree freely and voluntarily to release all liability, and assume the inherent risks of participating in a program and/or workout set forth by the “2 Health Nuts.”

Sincerely,

**“2 Health Nuts”**

Janine Serio & Daria Shaw