

## **Results Disclaimer**

**Last Updated:** 01/10/2025

By participating in GRAVITY's fitness, health, and wellness programs (the "Programs"), you acknowledge and agree that individual results may vary. GRAVITY makes no guarantees or warranties regarding specific outcomes or results from participation in the Programs, including but not limited to improvements in physical fitness, weight loss, muscle gain, or other health-related benefits.

The results you achieve from participating in the Programs will depend on various factors, including, but not limited to, your personal commitment, adherence to the Program, nutrition, sleep, lifestyle choices, and individual health conditions. As such, the testimonials and success stories shared by others on this website or through GRAVITY's promotional materials are not representative of the experiences or results that every individual can expect.

GRAVITY does not guarantee or imply that any user will achieve similar results to those shown in case studies, testimonials, or marketing materials. You understand that health and fitness results are highly individual and that past performance is not necessarily indicative of future results.

You are solely responsible for your actions and results and are advised to consult with a qualified healthcare professional before starting any new exercise or diet program to ensure that it is suitable for your individual health status.

## **No Medical or Professional Advice**

GRAVITY's Programs are designed to promote general fitness, health, and well-being. However, the Programs and associated content are not intended as medical advice. You should not rely on any information from GRAVITY's website or Programs as a substitute for professional medical advice, diagnosis, or treatment.

By participating in the Programs, you acknowledge and agree to take full responsibility for your own health and fitness and assume all risks associated with exercise and physical activity. GRAVITY disclaims any liability for injuries, health issues, or any other consequences arising from participation in the Programs.