

Health and Fitness Disclaimer

Effective Date: 01/09/2025

The information provided on the GRAVITY website, including but not limited to articles, coaching programs, nutrition plans, fitness programs, and any other content related to health and wellness, is intended for informational purposes only. GRAVITY is not a medical provider, and the content offered on this website is not a substitute for professional medical advice, diagnosis, or treatment.

By accessing, browsing, or using the website and its services, you agree to the following:

- 1. Consultation with Healthcare Providers:** Always seek the advice of a qualified healthcare provider before starting any new fitness or nutrition program, especially if you have any pre-existing medical conditions, are pregnant, or have other health concerns. GRAVITY strongly recommends obtaining medical clearance from a healthcare professional before participating in any fitness, nutrition, or lifestyle program.
- 2. Personal Responsibility:** You acknowledge that you are fully responsible for your health and well-being when using our website and services. You agree to assume all risks associated with participating in fitness and wellness programs. GRAVITY is not responsible for any injuries, illnesses, or adverse health conditions that may arise as a result of following our programs or content. You are encouraged to listen to your body and adjust any program to meet your physical capabilities.
- 3. No Medical Advice:** The content provided on this website, including all programs, fitness routines, nutrition plans, and lifestyle recommendations, is not intended to diagnose, treat, cure, or prevent any medical condition or disease. GRAVITY does not provide medical advice, and no information on this site should be construed as such. Always seek the advice of a medical professional if you have concerns regarding your health or before making any significant changes to your diet or exercise routine.
- 4. Results May Vary:** Results from following any fitness or nutrition program will vary from person to person. GRAVITY does not guarantee specific results or outcomes, as results depend on several factors, including individual effort, adherence to the program, genetics, overall health, and lifestyle choices. We do not guarantee weight loss, muscle gain, or other specific physical transformations.
- 5. Limitation of Liability:** To the fullest extent permitted by law, GRAVITY, its affiliates, coaches, employees, or partners, are not responsible for any direct, indirect, incidental, special, or consequential damages that may result from your use of the website or services. This includes, but is not limited to, injuries, health issues, emotional distress, loss of profits, or any other damages arising from the use of our fitness, nutrition, or lifestyle programs. By using our website and services, you release GRAVITY from any liability regarding the use of our programs and content.
- 6. Indemnification:** You agree to indemnify and hold harmless GRAVITY, its coaches, staff, employees, agents, and affiliates from any claims, damages, liabilities, or expenses

(including legal fees) arising out of your use of the website or services. This includes any claims made by third parties as a result of your participation in any of our programs or services.

7. **Non-refundable Products & Services:** All sales of digital products, services, and gift cards are non-refundable. This includes, but is not limited to, digital coaching, workout plans, and nutritional guides. If you are purchasing a service, you agree to the terms as outlined in the respective product or service details. Please ensure that you carefully review your purchase before committing.
8. **Event Tickets:** Tickets for in-person events are non-refundable. Please be certain that you can attend the event before purchasing. If an event is canceled by GRAVITY, you will be offered a refund or an alternative solution. No refunds will be issued if you are unable to attend for personal reasons.
9. **Use at Your Own Risk:** You understand that engaging in physical exercise, especially those programs provided by GRAVITY, carries inherent risks, including the risk of injury. By engaging in any exercise or fitness program, you agree that you are participating at your own risk and acknowledge that it is your responsibility to ensure that the program is safe for your individual needs and abilities. If you have any doubts or concerns, consult a healthcare professional before proceeding.
10. **Changes and Updates:** GRAVITY reserves the right to update or modify the content, services, and programs offered on this website at any time. This includes changes to existing programs, nutrition recommendations, fitness routines, or other materials provided. We encourage you to periodically review the content to ensure it aligns with your current health needs.
11. **Governing Law:** These terms and this disclaimer are governed by and construed in accordance with the laws of the state of Hawaii, USA, without regard to its conflict of law principles. Any disputes arising from these terms will be resolved in the competent courts located within Hawaii, USA.

By using our website and services, you acknowledge and agree to the terms of this Health and Fitness Disclaimer.

If you have any questions or concerns about this disclaimer or our services, please contact us at:
Email: [team@gravitymovement.com]