

# BodiBlossom Health Disclaimer

As a client of Bodilossom, I will take all responsibility or liability for any injuries or damages resulting from my participation or my use of equipment or facilities during session times.

I understand and I am aware that strength, flexibility and aerobic exercise, including the use of equipment and wearing of heels, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and facilities with the knowledge of the dangers involved. I agree to assume and accept all and any risks of injury or death.

I am aware that I have the right to request advice from my instructor, at any time, in relation to the activities and exercise being undertaken and, but not exclusively, their suitability for me, with particular regard to my health and clothing. If I choose not to take advice, or to disregard any advice given, I do so voluntarily and accept liability for all resulting injuries or damage.

I declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness (other than those declared in the medical questionnaire) that would prevent my participation or use of equipment or facilities except as herein stated.

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I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in activity without the approval of my doctor; I assume all responsibility for my participation in activities, and use of equipment and wearing of heels in my activities.

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