

# FITNESS DISCLAIMER

Last updated [month day, year]

---

## INTRODUCTION

The information provided by [business entity name] (“we”, “us”, or “our”) on [website name] (the “Site”) [and our mobile application] is for general informational purposes only. All information on the Site [and our mobile application] is provided in good faith, however we make no representation or warranty of any kind, express or implied, regarding the accuracy, adequacy, validity, reliability, availability or completeness of any information on the Site [or our mobile application].

Under no circumstance shall we have any liability to you for any loss or damage of any kind incurred as a result of the use of the site [or our mobile application] or reliance on any information provided on the site [and our mobile application]. Your use of the site [and our mobile application] and your reliance on any information on the site [and our mobile application] is solely at your own risk.

## FITNESS DISCLAIMER

**The Site cannot and does not contain fitness advice.** The fitness information is provided for general informational and educational purposes only, and is not a substitute for professional fitness advice.

Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate fitness and healthcare professionals. We do not provide any kind of fitness advice. The use or reliance of any information contained on this site [or our mobile application] is solely at your own risk.