

## FITNESS AND EXERCISE DISCLAIMER

The purpose of this DISCLAIMER AND NOTICE is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program. And to help you make an informed decision as to whether or not you should participate in these types of activities.

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence **Nicole 4 Fitness** strongly encourages all members to obtain a comprehensive physical examination by a licensed physician PRIOR to undertaking any exercise or training demonstrated on this website, and/or any of videos, MP4s, MP3s and training manuals offered on this website, you fully assume the risk of any resulting injury. Such injuries include but are not limited to:

- Bruising, cuts and general soreness
- Muscle and tendon injuries
- Ligament and skeletal injuries
- Fractured or broken bones
- Concussions
- Heart attack

**Nicole 4 Fitness** DISCLAIMS ANY LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES AND ASSUMES NO LIABILITY OR RESPONSIBILITY FOR ANY LOSS, INJURY OR DAMAGE SUFFERED BY ANY PERSON AS A RESULT OF THE USE OR MISUSE OF ANY INFORMATION, VIDEOS, MP4s OR TRAINING MANUALS MADE AVAILABLE ON THIS WEBSITE.

In consideration of performing or participating in these types of activities, you hereby agree to indemnify and hold harmless **Nicole 4 Fitness** and its officers, directors, shareholders, members, employees, and agents, and their respective successors and assigns, against any loss, liability, damage, cause of action, cost, or expense of any nature whatsoever, including without limitation reasonable attorneys' fees and other legal costs.

This content, information, videos, MP4s, MP3s and training manuals offered and made available on this website are for informational purposes only.

## RECIPE & FOOD ALLERGY DISCLAIMER

Recipes taken from our site and prepared are done so "at your own risk". **Nicole 4 Fitness** is not responsible for any damage, medically or otherwise, resulting in the preparation of food using the instructions or recipes provided on this website. Readers and visitors must take care to check the instructions provided and determine their value and any possible medical condition that may arise from the consumption of the ingredients listed in this site's pages. **Nicole 4 Fitness** cannot guarantee that food products mentioned on this website are safe for each individual using this site. To be sure that a product is safe and free of your specific allergens, please read the food label carefully and/or contact the manufacturer.

## NUTRITIONAL INFORMATION DISCLAIMER:

**Nicole 4 Fitness** offers nutritional information for recipes contained on this site. This information is provided as a courtesy and should not be construed as a guarantee. This information is a product of a nutrition software program that calculates the nutritional information from **Nicole 4 Fitness** recipes. Although **Nicole 4 Fitness** attempts to provide accurate nutritional information, these figures should be considered estimates. Varying factors such as product types or brands purchased, natural fluctuations in fresh produce and the way ingredients are processed change the effective nutritional information in any given recipe. Under no circumstances will **Nicole 4 Fitness** be responsible for any loss or damage resulting for your reliance on nutritional information.

To obtain the most accurate representation of the nutritional information in a given recipe, you should calculate the nutritional information with the actual ingredients used in your recipe. You are solely responsible for ensuring that any nutritional information provided is accurate, complete and useful.