

Wellness Coaching Disclaimer

Important Notice

Updated: November 2025

I, Rose Lewis, am a Certified Wellness Coach. While I provide valuable nutritional advice and guidance, it is important for you to understand the following:

1. Not a Registered Dietitian:

- I am not a Registered Dietitian (RD) or a Licensed Nutritionist. My certification is in nutrition coaching, and my guidance is based on my training and experience in this field.

2. Informational Purposes Only:

- The information provided during our sessions, whether written or verbal, is intended for informational and educational purposes only. It should not be considered a substitute for professional medical advice, diagnosis, or treatment.

3. Consult a Healthcare Professional:

- Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or dietary regimen. Do not disregard professional medical advice or delay in seeking it because of something you have read or heard during our sessions.

4. Personal Responsibility:

- You are responsible for your own health decisions. Any changes you make to your diet, exercise routine, or lifestyle are undertaken at your own risk. I recommend discussing any significant changes with your healthcare provider before implementation.

5. Individual Results May Vary:

- Results from nutritional coaching can vary from person to person. There is no guarantee of specific results, and your progress will depend on various factors, including adherence to recommendations, existing health conditions, and individual metabolism.

6. Privacy and Confidentiality:

- All personal information shared during our sessions will be kept confidential in accordance with applicable privacy laws and regulations. Your information will not be shared with third parties without your explicit consent.

7. Limitation of Liability:

- To the fullest extent permitted by law, Love Yourself Wellness, LLC and Rose Lewis disclaim any liability for any loss or damage incurred as a direct or indirect result of the

use or application of any advice or information provided during nutritional coaching sessions.

By engaging in nutritional coaching with Rose Lewis and Love Yourself Wellness, LLC, you acknowledge that you have read, understood, and agreed to this disclaimer.

Fitness Services Disclaimer

Updated: November 2025

By participating in any fitness classes, personal training sessions, or wellness programs offered by **Love Yourself Wellness, LLC** or instructed by Rose Lewis, you acknowledge and agree to the following terms and conditions:

1. Not a Substitute for Medical Advice

The information provided in our classes, personal training sessions, and wellness programs is intended for general health and fitness purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should consult your physician or other health care provider before beginning any fitness program, particularly if you:

- Have a history of health concerns
- Are pregnant or nursing
- Have any existing medical condition or injury

Love Yourself Wellness, LLC and Rose Lewis are not licensed medical providers, and participation in any fitness activity is at your own risk.

2. Assumption of Risk

You understand that engaging in any physical activity, including but not limited to yoga, Zumba, Twerkout, Booty-Camp, Pole Dance, KICK! SYNC! STRIKE!, personal training, and other fitness-related classes, carries inherent risks. These risks may include, but are not limited to:

- Injury (such as muscle strains, sprains, or joint damage)
- Cardiovascular events (including dizziness or heart complications)
- Aggravation of pre-existing medical conditions

By participating, you voluntarily assume all risks related to physical activity and agree that **Love Yourself Wellness, LLC** and Rose Lewis are not liable for any injury or harm that may occur as a result.

3. Fitness Levels

You understand that each individual's fitness level is different, and results may vary. You agree to work within your own capabilities and listen to your body. It is your responsibility to inform Rose Lewis of any health concerns or injuries before beginning a class or session.

4. No Guarantees

While we strive to provide effective guidance and support, **Love Yourself Wellness, LLC** does not guarantee any specific fitness or wellness outcomes. Your success depends on your level of commitment, consistency, and personal health.

5. Liability Waiver

By attending classes or receiving personal training services, you release **Love Yourself Wellness** and Rose Lewis from any and all claims, causes of action, and liabilities arising out of or connected with your participation in these activities.

6. Consult a Professional

If at any time during a fitness class or training session you experience discomfort, dizziness, or any abnormal symptoms, please stop immediately and consult your physician.

Contact Information: For any questions or concerns regarding this disclaimer, please contact me at:

- Email: loveyourselfshoppe@gmail.com
- Phone: 484-918-0665