

Release of Liability & Assumption of Risk Agreement
Love Yourself Wellness, LLC
Updated: January 2025

This Release of Liability & Assumption of Risk (“Agreement”) is entered into by the participant (“Client”) and **Love Yourself Wellness, LLC**, including its owner, instructors, employees, contractors, and representatives.

By participating in any class, session, service, or activity offered by Love Yourself Wellness, LLC, the Client acknowledges and agrees to the following:

1. Voluntary Participation

I understand that my participation in fitness classes, personal training, wellness coaching, workshops, herbal product use, and related activities is **voluntary**.

2. Assumption of Inherent Risks

I acknowledge that physical activity and wellness participation involve certain inherent risks, including but not limited to:

- Muscle soreness, strains, sprains, or injury
- Cardiovascular events such as dizziness or fainting
- Falls or accidents
- Aggravation of existing medical conditions
- Allergic or adverse reactions to herbs, ingredients, or wellness products

I understand these risks exist **even when precautions are taken**, and I voluntarily choose to participate with full knowledge of these risks.

3. Medical Responsibility

I confirm that:

- I am physically able to participate safely.
- I have consulted with my physician regarding any health concerns.
- I will notify the instructor of any injuries, limitations, or medical conditions before participating.
- I will stop immediately and seek medical attention if I experience pain, dizziness, shortness of breath, or abnormal symptoms.

I understand that **Love Yourself Wellness, LLC is not a medical provider**, and no services provided are medical advice, diagnosis, or treatment.

4. Release of Liability

To the fullest extent permitted by law, I hereby release, waive, and discharge **Love Yourself Wellness, LLC**, its owner (Rose Lewis), instructors, employees, contractors, and representatives from any and all claims, liabilities, demands, or actions arising from:

- Injuries or health issues related to participation
- Property damage or loss
- Use of herbal or wellness products
- Negligence (excluding gross negligence or willful misconduct)

This release applies to **all in-person, virtual, and outdoor activities**, whether supervised or unsupervised.

5. Indemnification

I agree to indemnify and hold harmless Love Yourself Wellness, LLC and its representatives from any claims or expenses (including attorney fees) arising out of my participation, actions, or failure to disclose relevant health information.

6. No Guarantees

I understand that Love Yourself Wellness, LLC **does not guarantee specific fitness, weight loss, or wellness outcomes**. Results vary based on individual effort, consistency, and overall health.

7. Photography & Media Consent (Optional)

By participating, I grant permission for Love Yourself Wellness, LLC to use class photos or videos for promotional purposes unless I opt out in writing.

8. Acknowledgment & Acceptance

By signing or participating in any service, I acknowledge that:

- I have read and understood this Agreement.
- I voluntarily accept all terms, risks, and responsibilities.

- This Agreement remains in effect for all future participation unless revoked in writing.

Contact Information

Love Yourself Wellness, LLC

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