DISCLAIMER AND WAIVER OF LIABILITY
For Online Programs, In-Person Sessions, and All FitTec / AFTA Services
By entering this website, accessing our content, or purchasing or using any FitTec or AFTA programs, online materials, e-mails, services, or products, you acknowledge and agree to all parts of this disclaimer and waiver.
If you do not agree, **STOP NOW** and do not use any of our websites, programs, online classes, or services.

1. GENERAL DISCLAIMER
All programs, services, and information provided by FitTec—including online programming, virtual classes, videos, evaluations, and in-person sessions—are **voluntary** and performed **at your own risk**.
While we aim to provide accurate, evidence-based information, FitTec does not guarantee results, and we are not responsible for any actions you take based on our content.
You agree that FitTec will not be held liable for any direct, indirect, incidental, consequential, or special damages resulting from use of our website, programs, services, or products. This includes, but is not limited to, injuries, accidents, lost profits, personal or business interruptions, misapplication of information, or any physical, medical, or other difficulties—even if we have been advised of the possibility of such issues.
Any references or links to outside websites, businesses, or information do not constitute an endorsement. FitTec is not responsible for the content or claims of any third-party sites.

2. ASSUMPTION OF RISK
I acknowledge that I understand the inherent risks associated with:
- Physical exercise, fitness testing, cardiovascular training, weight training, stretching, mobility work, and any therapeutic exercises.
- The use of fitness equipment, weights, machines, or exercise apparatus.
- Participation in online programs or classes where form cannot be supervised directly.

I understand that injuries or equipment malfunctions can occur **with or without negligence**, and I voluntarily assume all risks associated with participating in any FitTec or AFTA programs, whether online or in person.

3. RELEASE OF LIABILITY
By participating in any FitTec program, online class, evaluation, or in-person appointment, I **waive my right to sue** and hereby release FitTec, AFTA, their staff, contractors, representatives, directors, trustees, officers, and beneficiaries from **any and all liability**, including but not limited to:
- Injuries or accidents
- Defective equipment
- Dangerous property conditions
- Negligence (ordinary)
- Risks associated with online or self-guided workouts

I understand that FitTec does **not** provide medical or hospitalization insurance.
If any injury occurs while participating in FitTec programs or while on FitTec premises, I agree to hold harmless and indemnify FitTec and all associated parties from any claims, costs, or damages.
I acknowledge that this waiver applies **now and for all future use** of FitTec's online or in-person services. Booking an appointment, joining a class, or following an online program (including the "I Am Fit Program") automatically confirms my acceptance of this waiver.

4. MEDICAL CLEARANCE

FitTec strongly recommends obtaining medical clearance before beginning any fitness program—especially if you hav
known medical conditions or concerns.

If you answer **YES** to any of the questions below, you should consult with a healthcare provider **before** participating in
any FitTec program:

1. History of heart problems, murmurs, palpitations, chest pain, or stroke
2. Physician has advised you not to exercise
3. High blood pressure
4. Diabetes or thyroid conditions
5. High cholesterol (please specify level if known)
6. Family history of heart disease (parents or siblings)
7. Smoking habit (please specify amount per day)
8. Breathing or lung problems (including asthma)
9. Muscle, joint, arthritis, sciatica, or back disorders; any injury still affecting you
10. Any chronic illness or condition
11. Pregnancy (current or within the last 12 months)
12. Obesity (20% or more above ideal weight)
13. Recent surgery (within the last 12 months)
14. Difficulty performing exercise
15. Hernia or conditions aggravated by lifting
16. Dizziness or fainting spells
17. Any physical limitation
18. Medications that may affect exercise response (please specify)

If you are in pain or unsure of your health status, you should NOT begin the program until medically cleared.