

**RealBody Fit Club Release of Liability Waiver**

Performing any physical exercise can be strenuous and subject a client to risk of serious injury. RealBody Fit Club teaches and encourages the practice of proper form, technique and careful attention while performing exercise under our training programs.

Clients are encouraged to consult with their doctor or a medical professional to receive clearance prior to enrolling in any exercise or fitness program. Clients with pre-existing medical conditions should consult with their designated medical professional prior to registering for training.

Clients understand and agree that by enrolling in a RealBody Fit Club training program, you assume the risk of bodily injury, illness, or death, and RealBody Fit Club is not liable for any said injury that may occur while performing exercises under one of our virtual or in-person training programs.

Any recommendation for changes in diet, including the use of Meeka's Body Fuel Guide to Healthy Eating are the client's responsibility and each client should consult a physician prior to undergoing any dietary or food supplement changes.

I hereby acknowledge that I have carefully read this waiver and release of liability, and agree to the terms within. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

**X** I agree

E-Signature: \_\_\_\_\_

Full Name: \_\_\_\_\_

Today's Date: \_\_\_/\_\_\_/\_\_\_