

Victoria Frances Jackson

Great Harwood

Blackburn

BB6

07859 967787

victoriafrancesjackson@hotmail.com

EXERCISE DISCLAIMER

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Welcome to VFJ Pilates!

This Exercise Disclaimer outlines the responsibilities of the participant when undertaking ANY exercise with Victoria Frances Jackson (VFJ), VFJ Dance, VFJ Fitness, VFJ Pilates and the use of the website, located at www.vfjpilates.co.uk.

This Exercise Disclaimer was created with the help of Termly's Disclaimer Generator and pttoolbox.co.uk.

If you have additional questions or require more information about our this policy, do not hesitate to contact us.

CONSENT

By using our website accessible from www.vfjpilates.co.uk, attending any sessions or interacting via any of our social media channels you hereby consent to our Privacy Policy and accept our Terms & Conditions, Refund Policy, safeguarding policies and all other policies. By participating in ANY exercise, you agree to our Exercise Disclaimer. By accessing any of our activities we assume you accept and consent to all our policies. Do not continue to use VFJ Pilates if you do not agree to take all the terms & conditions stated on these pages.

EXERCISE DISCLAIMER

I strongly recommend that you consult with your doctor before beginning any exercise program.

This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain, or shortness of breath at any time while exercising you should stop immediately

You should be in good physical condition and be able to participate in the exercise. Victoria France Jackson is not a licensed medical care provider and represents that I have no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Victoria Frances Jackson from all claims or causes of action, known or unknown, arising from participating in any exercise.

The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it. Victoria Frances Jackson is not responsible or liable for any advice, course of treatment, diagnosis, or any other information, services, or products that you obtain during this class or from the website.

It your responsibility to ensure the space you are exercising in is fit for purpose, that it is adequate in size and free from any obstacles or dangers. Victoria Frances Jackson is not responsible to any damage to your environment incurred by you participating in an exercise class or video.

By participating in any exercise related to Victoria Frances Jackson and VFJ Pilates you agree to the following:

- I can confirm that to the best of my knowledge, I do not have any medical conditions that would stop me exercising and my GP would be happy for me to commence suitable exercise.
- I am aware that I must feel well prior participating in any exercise.

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- I understand that when participating in any exercise or exercise program, there is the possibility of physical injury.
- I agree that if I engage in this exercise I do so at my own risk.
- I am voluntarily participating in these activities and assume all risk of injury to myself.
- Whilst I am aware that every effort has been taken to ensure that all exercises are suitable for all ages and abilities, I understand that my participation and my own safety are my own responsibility.
- The levels of exercise that I will perform will be at my own pace.
- I will inform the instructor of any symptoms during my participation in exercise.
- I understand I will be given instructions on how to perform an exercise and use equipment and I will ask the instructor any questions if I do not understand.

RECIPIE DISCLAIMER

The information and recipes found on the VFJ Pilates website are for information purposes only and in no way supercede any prior advice given by a medical practitioner, registered dietician or nutritionist. Should you cook and consume any recipes, you are choosing to do so of your own free will, without coercion and in the full knowledge that the recipes have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect the ingredients may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice. If you choose to cook and consume these recipes and feel that you are experiencing any adverse effects, then you should cease using these recipes immediately and consult your doctor.

Always consult your medical practitioner, registered dietician, or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst this plan and these recipes can help most people lose weight as part of a calorie-controlled diet and active lifestyle, they have not been designed for you and individual results will vary. Where calorie and macronutrients are shown/provided, it is calculated as an estimate, exact values will vary.

EQUIPMENT

Any information or advice about exercise equipment given by Victoria Frances Jackson, or found on the VFJ Pilates website is a suggestion only and not intended to supercede any information given by an exercise equipment specialist, company, or manufacturer. You should always read and follow all information about exercise equipment given by the manufacturer. If you use any exercise equipment you are choosing to do so of your own free will and assume all risk of injury to yourself and any damage to your environment that may arise from using the equipment. It is your responsibility to ensure that any equipment used is fit for purpose, properly maintained, and is used in the manner for which it was designed/intended.

UPDATING THIS STATEMENT

Victoria Frances Jackson may update this exercise disclaimer by posting a new version on this website. You should check this page occasionally to ensure you are familiar with any changes.

Sincerely,

VICTORIA JACKSON

Owner

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