

FitChallenge Richmond

FitChallenge January - March 2019

Agreement of participation in FitChallenge Richmond

FitChallenge JAN-MAR 2019 is a workout challenge with 16 indoor workout sessions.

You choose the intensity of the workouts and NO equipment is used during these workouts.

Be aware that there is a risk of injury related to all types of workouts, but it is your responsibility if anything happens to you during our workouts. FitChallenge Richmond and the coaches responsible take no responsibility for possible injuries that happen during the workouts. Therefore, we recommend that you should be considerate of your own limit and only push yourself to the point where it is not too uncomfortable.

If you feel uncomfortable, dizzy etc., you must stop your exercise or reduce the intensity of the exercise you are doing. If you get injured or have any pain during a workout session, stop the exercise and tell the coach so help can be called for. People with bad or unstable medical conditions are not suitable participants for a FitChallenge.

Through registration for the FitChallenge, you agree to:

- You are in good physical shape and at good health.
- You have gotten an approval to participate in regular workout sessions after consultation with your doctor.
- You understand that all exercises are done by you at your own risk.

All FitChallenge coaches are independent business owners, and it is the coaches, not Herbalife Nutrition, that are responsible for running FitChallenge Richmond and all the information that is given.

Photography and video during the FitChallenge:

The coaches will during the FitChallenge take photos and record video. The material will be used for inspiration in the closed Facebook group for the FitChallenge. The material will also be used on other social media platforms by the coaches to promote the FitChallenge. In those cases, it will only be pictures from a distance and should the face of a person be seen on the picture, the person will be asked for permission to use the photo.

Group photos, when we gather to take a picture it will be used in the purpose of promoting the FitChallenge. You can choose for yourself if you want to be part of these group photos. The material will not be sold or in any other way be available for third parties.

Responsible for this FitChallenge:

Hillary Petersen - 07761064139 – info@fitclubldn.co.uk

NOTE! When you register for the FitChallenge you approve and must apply to the text above.