

Legal Disclaimer and Scope of Services

Own Your Outcome Fitness provides personal training, exercise instruction, accountability, and general fitness education. These services support fitness goals and do not replace medical care. Please read both pages before signing.

Personal training services

Services may include individualized exercise programming based on your goals, current abilities, exercise experience, and information you provide. Instruction may cover resistance training, cardiovascular exercise, flexibility, mobility, balance, coordination, exercise technique, progression, general conditioning, and healthy exercise habits. Services are limited to the trainer's education, competence, and certification scope.

Fitness goals and outcomes

Training may help improve strength, muscular endurance, cardiovascular fitness, mobility, balance, body composition, and exercise performance. Results depend on individual circumstances, consistency, nutrition, sleep, recovery, health, and other factors. No particular weight loss, muscle gain, appearance, performance level, or other result is guaranteed. Testimonials and progress photographs do not promise equivalent results.

Not medical care or physical therapy

A personal-training certification is not a healthcare license. Own Your Outcome Fitness does not diagnose disease or injury, prescribe medication, provide medical treatment, physical therapy, injury rehabilitation, or mental-health treatment. Exercise modifications for reported limitations or comfort are fitness adjustments, not diagnosis or treatment. Medical and rehabilitation decisions belong to appropriately licensed healthcare professionals.

Health information and medical guidance

Provide accurate information about known conditions, injuries, medications, pregnancy, recent procedures, and limitations that could affect safe participation, and report relevant changes. Seek appropriate clinical guidance for health concerns. Medical clearance may be requested before training begins or continues. Clearance does not eliminate exercise risks or replace ongoing communication about symptoms.

Exercise risks and symptoms

Exercise carries risks, including soreness, strains, sprains, falls, worsening of an existing condition, cardiovascular complications, serious injury, and, rarely, death. Communicate pain or concerning symptoms promptly and stop exercising if you experience them. Do not continue a concerning exercise simply because it appears in your program. Seek urgent medical help for severe or emergency symptoms.

Nutrition and Client Acknowledgment

Nutrition and wellness education

Nutrition information is general education for fitness and wellness, not medical nutrition therapy. Topics may include healthy eating habits, hydration, food tracking, nutrient and macronutrient concepts, and general meal-planning strategies. Own Your Outcome Fitness does not diagnose or treat deficiencies, eating disorders, allergies, metabolic conditions, or other diseases, and does not prescribe therapeutic diets. Consult a registered dietitian or other appropriately qualified healthcare professional for clinical nutrition needs.

California nutrition notice

State law allows any person to provide nutritional advice or give advice concerning proper nutrition—which is the giving of advice as to the role of food and food ingredients, including dietary supplements.

This state law does NOT confer authority to practice medicine or to undertake the diagnosis, prevention, treatment, or cure of any disease, pain, deformity, injury, or physical or mental condition and specifically does not authorize any person other than one who is a licensed health practitioner to state that any product might cure any disease, disorder, or condition.

Notice text: California Business and Professions Code section 2068. This client copy does not replace the separately required prominent business notice with statutory dimensions and lettering sizes.

Separate policies and protections

The Refund and Cancellation Policy and your service agreement address payments and cancellations. This disclaimer describes the nature and limits of services. It is not a liability release or a substitute for a separate informed-consent and assumption-of-risk document. Nothing here waives rights or remedies that cannot lawfully be waived, or excuses the provider from applicable legal duties.

Client acknowledgment

I have read both pages and had an opportunity to ask questions. I understand the fitness and educational nature of these services, their limits, and my responsibility to communicate relevant health information and seek appropriate healthcare. My signature acknowledges receipt and understanding; it does not release claims or waive nonwaivable rights.

Client name: _____

Client signature: _____ Date: _____