

I have volunteered to participate in a fitness & nutrition/wellness program provided to me by Wildly Well and Abbi Hamlin, which may include, but may not be limited to nutrition advice, recipes, and aerobic training/physical activity. I agree that by participating in these physical exercise sessions or personal fitness sessions, and remote plans and recipes I do so at my own risk. This includes, without limitations, (A) use of all amenities and equipment in a facility and any off site locations and participation in any activity, class, program, personal training or instruction, (B) the sudden and unforeseen malfunctioning of any equipment including manufacturer's defect, craftsman defect or failure, (C) instruction, training, supervision, or dietary recommendations. I agree that I am voluntarily participating in these activities and use of these facilities and premises and assume all risk of injury. I expressly agree to release and discharge my fitness health and wellness coach (Abbi Hamlin) from any and all claims or cause of action. This waiver and release of liability includes, without limitation, all injuries which may occur, regardless of negligence or equipment malfunction. I have been advised that an examination by a physician should be obtained prior to commencing a nutrition or fitness program, or initiating substantial change in the amount of regular physical activity performed. If I have chosen not to obtain a physician's consent prior to beginning this fitness program with Wildly Well, I hereby agree I am doing so solely at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all fitness and nutrition related activities and/or exercises in which I participate. If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect the offending provision or provisions served here from. I acknowledge that I have carefully read this waiver and release and fully understand that it is a release of liability. I agree to voluntarily give up any right that I may otherwise have to bring legal action against Wildly Well or Abbi Hamlin for negligence, or any other personal injury or property damage. It is critical that you have read and understand this document completely. If you do not understand any part of this document, it is your ultimate responsibility to ask for clarification prior to agreeing.