BShaeFit, LLC

FITNESS LIABILITY WAIVER AND AGREEMENT
PLEASE READ CAREFULLY! THIS IS A LEGAL DOCUMENT WHICH AFFECTS YOUR
 LEGAL RIGHTS

"I, _____, have enrolled in the personalized health and fitness program offered through BShaeFit, LLC. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I recognize that the diet and exercise plan is only a recommendation and is to be used as a guide and is not a substitute to a prescription by any doctor or licensed nutritionist. I acknowledge that my enrollment and subsequent participation in purely voluntary and in no way mandated by BShaeFit, LLC.""In   consideration of my participation in this program, I,_____, hereby release BShaeFit, LLC and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment." "I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, _____, hereby release BShaeFit, LLC and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, eating disorders, mental health, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death. I also recognize that this is intended to be broad and inclusive, and if any portion thereof is held invalid, it is agreed that balance shall, not withstanding, continue in full legal force and effect."

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS._____ (Participant Signature) _____ (Date)