***Overview to put on website in ‘About Me’ section:***

**Welcome to LMW Fitness!**

I’m so glad you’re here. Before we get started, here are the key things you need to know about how I work and what you can expect.

**What I’ll do for you**

* I’ll design your training programme around your goals and lifestyle.
* I’ll support you with coaching, motivation and guidance to keep you on track.
* I’ll always keep your personal information safe and confidential.

**What I ask from you**

* Be open and honest about your health and fitness history so I can keep your plan safe.
* Let me know if anything changes with your health.
* Put in the effort — I’ll guide you, but the results come from your consistency.

**Payments & Sessions**

* All sessions or programmes need to be paid for in advance.
* If you need to cancel or move a session, please give at least 24 hours’ notice. Late cancellations may be charged.
* Once a programme has started, refunds aren’t normally available unless there’s a serious issue.

**Important bits to be aware of**

* Exercise has risks, so please make sure your space and equipment are safe.
* Results will vary depending on your effort, nutrition, and lifestyle — I’ll help, but there are no quick fixes!
* Respect works both ways — I’ll always treat you professionally and kindly, and I ask the same in return.

**Finally**

By joining LMW Fitness, you’re agreeing to these simple ground rules so we can work together in the best way possible.

Now, let’s get cracking and make this the start of something brilliant!

***Attachment to go in your footer and automatically send to people who order from you***

**Terms of Service – LMW Fitness Online Personal Training**

Welcome to LMW Fitness! By signing up to online personal training with Laura, you agree to the following Terms of Service. Please read them carefully as they set out what you can expect from us, and what we ask in return to make sure you get the best out of your training.

**1. Our Services**

* LMW Fitness provides online personal training, coaching, and guidance tailored to your goals and needs.
* All services are delivered remotely through agreed platforms (such as video calls, email, apps or messaging).
* Training programmes are designed for general fitness and wellbeing. They are not a substitute for medical treatment, physiotherapy, or specialist healthcare.

**2. Your Responsibilities**

* You confirm that you are fit and well enough to take part in physical activity. If you have any medical conditions, injuries, or concerns, you must seek advice from a qualified healthcare professional before starting.
* You agree to disclose any relevant health information to Laura so your training plan is safe and effective.
* You are responsible for completing the exercises as prescribed and for using proper form and safe equipment.

**3. Payments & Packages**

* Payment is required in advance for all online training packages unless otherwise agreed in writing.
* Prices are clearly stated at the time of booking and may be subject to change, though existing clients will always be informed in advance.
* Failure to make payment may result in services being suspended or cancelled.

**4. Cancellations & Rescheduling**

* If you need to cancel or reschedule a session, please provide at least 24 hours’ notice.
* Cancellations made with less than 24 hours’ notice may be charged in full at Laura’s discretion.
* Packages and programmes are non-refundable once started, except in exceptional circumstances.

**5. Results Disclaimer**

* Laura will provide guidance, motivation, and structured training to support your goals.
* Results are dependent on your own effort, consistency, nutrition, and lifestyle factors, and therefore cannot be guaranteed.

**6. Liability**

* By taking part in training, you accept that physical exercise carries inherent risks.
* LMW Fitness and Laura are not liable for any injuries, accidents, or health issues arising from your participation*, except where caused by negligence*.
* You are responsible for ensuring your exercise environment (home, gym, outdoors etc.) is safe and suitable.

**7. Confidentiality & Data Protection**

* All personal information shared with LMW Fitness is kept confidential and handled in line with GDPR.
* Your details will never be shared with third parties without your consent, unless required by law.

**8. Code of Conduct**

* Sessions and communications are to be respectful and professional at all times.
* LMW Fitness reserves the right to withdraw services if a client behaves inappropriately.

**9. Changes to Terms**

* These Terms may be updated occasionally. Any significant changes will be communicated to current clients.

**10. Agreement**

By purchasing services from LMW Fitness, you acknowledge that you have read, understood, and agreed to these Terms of Service.