### **DISCLAIMER**

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The Board cannot and does not contain health/medical and fitness advice. The health/medical and fitness information is provided for general informational and educational purposes only and is not a substitute for professional advice. Accordingly, before taking any actions based upon such information, we encourage you to consult with the appropriate professionals. We do not provide any kind of health/medical and fitness advice. THE USE OR RELIANCE OF ANY INFORMATION CONTAINED ON THE BOARD OR THE MOBILE APPLICATION IS SOLELY AT YOUR OWN RISK.

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YOUR INDIVIDUAL RESULTS MAY VARY.

The testimonials on Gaining Wellness's Trello Board are submitted in various forms such as text, audio and/or video, and are reviewed by us before being posted. They appear on the Site verbatim as given by the users, except for the correction of grammar or typing errors. Some testimonials may have been shortened for the sake of brevity where the full testimonial contained extraneous information not relevant to the general public.

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I have fully read, understand and agree to this disclaimer.	
First & Last Name:	
Date Signed: (YYYY-DD-MM)	