

# LEGAL DISCLAIMER

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## 1. Medical Disclaimer

Milo (the “App”) provides general health, fitness, mobility, and stretching information designed for educational and informational purposes only. The App is **not** a substitute for professional medical advice, diagnosis, or treatment. **You should always consult with a qualified healthcare provider before starting any exercise, stretching, or rehabilitation program.**

The exercises, routines, and recommendations provided within the App may not be suitable for all users. If you experience pain, discomfort, dizziness, shortness of breath, or any other adverse effects while using the App, **stop immediately** and seek medical attention. The creators, developers, and distributors of this App are **not responsible for any injuries, medical conditions, or other health-related issues** that may arise from the use of the App.

## 2. Assumption of Risk

By using this App, you acknowledge that participation in any physical activity carries inherent risks, including but not limited to muscle strain, joint injuries, ligament tears, fractures, or other physical harm. **You voluntarily assume full responsibility for any risks, injuries, or damages that may occur as a result of using the App.**

## 3. No Professional-Client Relationship

Your use of the App does not create a doctor-patient, therapist-client, or any other professional relationship between you and Milo or its creators. The information provided is general in nature and should not be considered personalized medical or physical therapy advice.

## 4. Limitation of Liability

To the maximum extent permitted by law, Milo, its owners, developers, affiliates, and partners are **not liable for any direct, indirect, incidental, consequential, or special damages** arising from or in connection with your use of the App. This includes but is not limited to bodily injury, economic loss, property damage, or legal claims.

Milo makes no guarantees or warranties regarding the accuracy, effectiveness, or safety of any exercises or advice provided within the App. The App is provided on an **"as-is" and "as-available" basis, without warranties of any kind, express or implied.**

## 5. User Responsibilities

By using the App, you agree to:

- Consult with a healthcare professional before using the App, especially if you have pre-existing conditions, injuries, or health concerns.
- Use the App **only as instructed** and not modify exercises in a way that could increase the risk of injury.

- Ensure that you have adequate space, proper footwear, and a safe environment before performing any movements.
- Stop using the App if you experience pain or discomfort and seek medical advice.

#### **6. Third-Party Content and Links**

The App may contain links to third-party websites or resources. Milo is not responsible for the content, accuracy, or safety of any third-party resources. Use them at your own risk.

#### **7. Governing Law**

This disclaimer shall be governed by and interpreted in accordance with the laws of New York, without regard to conflict of law principles. Any disputes arising from or related to this disclaimer shall be resolved exclusively in the courts of New York.

#### **8. Changes to this Disclaimer**

We reserve the right to modify or update this disclaimer at any time. Continued use of the App after changes are posted constitutes acceptance of the updated terms.

#### **9. Contact Information**

If you have any questions about this disclaimer, please contact us at [pranavwadhwa24@gmail.com](mailto:pranavwadhwa24@gmail.com).

By using the App, **you acknowledge that you have read, understood, and agree to this disclaimer**. If you do not agree, you must discontinue use of the App immediately.