

I confirm I have read and accept the participation terms & conditions: By participating you grant us permission to use your photos / images for advertising and marketing purposes. You confirm that you have been cleared by your doctor / GP to participate in exercise and that you do not have any medically related dietary requirements. By using our services, and by using our website, you agree to comply with, meet the criteria of, and accept our terms. If you do not accept our terms or meet our terms' criteria, please do not attempt to use our services, and please do not access the website, or immediately discontinue use of our website. We reserve the right to cancel our service provision with you at any time if we feel you are in breach of our terms and conditions. • You agree to comply with all applicable domestic and international laws and regulations regarding the use of How I Stay Fit. Intellectual property including copyrights, trademarks, and service marks (as well as those of our affiliates or other companies) in the form of names, words, graphics, and logos are protected under international copyright laws, and no portion of the website are to be used, copied, redistributed, or published by you without our prior written consent. Nor does this grant ownership rights to you of any kind. Additionally, any materials provided to clients through our services are not to be redistributed or copied or published. There is to be no sharing of membership. Our services are tailored to be unique to each individual clients' individual needs, and therefore sharing or redistributing of information and/or materials to others will be inapplicable to others, as well as being in breach of our terms and conditions. Others may try to obtain information and materials provided to you by How I Stay Fit for free. Please do not pass this material on. It will result in the immediate withdrawal of our services to you. We may provide links to other websites, purely for your convenience. This does not constitute any endorsement, guarantee, warranty, recommendation, or affiliation with third party websites, nor do we have any responsibility for the actions of third party websites. All prices are in GBP. Payment will be taken prior to delivery of services. Initial payment will be made immediately at the time of agreeing to pursue our services. For any of the "package" services, payment will be made in full upfront prior to commencing the program. Further payments for services will be paid monthly at the beginning of each month. We reserve the right to increase fees but prior warning will be given. Non-payment of fees will result in the withdrawal of our services. You may cancel our services anytime without cancellation fees, though no refunds will be given. So if you cancel mid-month after already paying for said month, no refund will be given for the remainder of said month. Payment may be made by direct bank transfer or by direct debit, or by PayPal, however we cannot be held responsible for any actions of third party financial institutes (including banks). You will provide us with honest, truthful and accurate information regarding yourself and your progress whilst using our services. We will keep all client personal information confidential, safe and secure, including images. This will never be shared or passed on to third parties unless you consent to us using your images for marketing and advertising purposes. How I Stay Fit suggests that anyone wishing to use our services first consult their physician, GP, or doctor for confirmation that they are fit and healthy enough to undertake an exercise and nutrition regime, including not being pregnant or breast-feeding, nor having any major underlying medical conditions. Furthermore, anyone wishing to use our service must be at least 18 years old and no older than 60 years old. We are not medically qualified and our advice is not intended to replace that of a doctor or registered dietitian / nutrition specialist, nor is our advice intended to diagnose or cure any illnesses or ailments. We cannot accept any liability for any harm or injury however caused arising from undertaking a training and nutrition program through our services. We suggest that anyone

unsure on how to safely perform any exercises recommended by us seeks instruction from their local gym trainer. Our advice and methods are to assist you in reaching you physical goals, however we are unable to offer any guarantee of achieving your goals, this will be dependent on several variables including but not limited to your level of commitment and work ethic. We cannot be responsible under any circumstances for the use of or inability to use our services.