

Jaclyn Kane Wellness

Waiver and Release of Liability

In consideration for receiving coaching services from Jaclyn Kane Wellness (coach), and, in that process, being coached in fitness, nutrition, weight management, stress management, and/or health risk management, I do hereby waive, release, and forever discharge my coach and her officers, agents, independent contractors, employees, representatives, executors, and all others from any and all responsibility or liability for injuries or damages resulting from my participation in any activities under such coaching.

I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of wellness coaching. This includes other participant's contributions and possible confidentiality breaches.

I understand that as a part of my wellness coaching program, aside from nutrition, I may be coached to, or it may be suggested that I, participate in exercise activities, e.g., exercise, aerobic training, strength training, flexibility training, etc., that could be potentially hazardous. I also understand that such activities involve risks of injury and even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

I do hereby further acknowledge that I have either had a physical examination and have been given a physician's permission to participate or that I have decided to participate in activity and or use of equipment and machinery without the approval of my physician and do hereby assume all responsibility and risks of injury or death from such participation and activity. Coaching does not replace medical supervision and advice. **Should a conflict arise between what a coach and what a doctor suggests, the doctor's opinion shall prevail.**

Coaching can involve feelings of frustration, which accompany the process of change, and it does not offer any guarantee of success. Success will depend on my willingness to complete the agreed-upon assignments, my response to being challenged, and my desire to try new approaches.

I also understand, from time to time, Coach may have to reach out to other professionals with respect to client. Note, this is the only time I will share your personal information.

Any suggestions of supplemental, nutritional and/or exercise are just that, suggestions. I understand that Jaclyn Kane is **not** a medical doctor and is not diagnosing or treating **any** diseases. Any supplements I decide to take are at my **own** discretion and that I have checked with MY own medical doctor(s) regarding supplemental, nutritional or exercise suggestions made by coach.

My signature below attests to my acceptance of the above terms.

X_____

Signature

X_____

Printed

X_____

Date