



Nutrition and Training Coaching Waiver

Always consult a physician prior to beginning any exercise or diet program. Hollie B.L. Windus, DBS HLo Consulting, LLC (hereinafter, HLo Consulting), is not a licensed physician, or medical provider, but rather a CF-L1 and Nutrition Coach. In no way should the information provided by HLo Consulting be considered medical advice, and at all times the advice of a medical professional should supersede recommendations from HLo Consulting. HLo Consulting assumes no responsibility for the improper use of, and self-diagnosis using, the information conveyed as part of my nutritional coaching or training programs. The information contained in the nutritional coaching or training programs is provided for informational purposes only and is not meant to act as a substitute for the advice provided by your own physician, or other medical professional. Only you and your doctor can determine what is healthy, right or safe for you. Clients who fail to consult their physician(s) prior to starting a diet or exercise program expressly assume the risk of any adverse effects. None of the information provided by HLo Consulting is intended to be a treatment protocol for any disease or medical condition, but rather is offered to provide information, choices and suggestions regarding nutritional, diet and training support.

Coaching results are not guaranteed. You enter into health coaching with the understanding that you are responsible for creating your own results. As the Coach, my responsibility is to help inspire you in your effort to achieve the health-related goals and results you seek. The results are not in any way guaranteed and may not occur in all individuals. HLo Consulting provides its services on an “as is” basis and makes no representations or warranties of any kind with respect to its information, website, promotional materials, articles, blog posts, videos, nutritional coaching or any other information conveyed.

Please consult your own physician or health care provider about the applicability of any opinions or suggestions with respect to your own symptoms or medical conditions, if they exist. HLo Consulting shall not be liable for damages arising out of or in connection with the use of my services. These services are not intended to diagnose, treat, cure or prevent any disease. Use of the nutritional and/or exercise information provided by HLo Consulting is at the sole choice and risk of the client. HLo Consulting is not responsible, nor liable, for any harm or injury resulting from the use of the information provided by HLo Consulting. Always consult your doctor before making any changes to your exercise, diet or nutrition program. If you choose not to obtain the consultation, advice and consent of your physician while using any information provided by HLo Consulting, you are agreeing to accept full responsibility for your actions. HLo Consulting is committed to the privacy of its clients and all of their personal information, data and images.

I have read and fully understand the need for me to consult with my own medical practitioners prior to beginning this or any new program. Further, I release and indemnify HLo Consulting from any and all claims arising out of my use of HLo Consulting services. You have selected this service by your own informed choice.

Client Name _____

Client Signature _____ Date ____/____/____