

Disclaimer for training with Adapt.Ability and Ian Stock

The information given by any and all trainers at Adapt-Ability is not a substitute for, nor a replacement of, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should consult with a physician or other health care professionals.

Please consult your physician or health care professional before starting any fitness or nutrition programs to determine if they are correct for your needs. Do not start a fitness and/or nutrition program if your physician or health care provider advises against it.

Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional as a result of information you may have obtained from this establishment.

Ian Stock is a qualified mobility coach and NLP Master Practioner. Ian Stock is not a registered dietician nor a certified Nutritionist.

The results, if any, from exercise and/or NLP programs may vary from person to person. Further, engaging in any exercise, strength or NLP program involves risks of injury. If you choose to follow any of Ian Stocks programs recommendations, you acknowledge this and agree to not hold Ian Stock, or any persons associated with Ian Stock/Adapt-Ability responsible for any injury, damages or illnesses you may incur. I disclaim all liability for loss, injury, damages, illnesses or theft in conjunction with any content provided on Ian Stock/Adapt-Ability's website and in the programs provided and your use thereof and Ian Stock/Adapt-Ability do not accept any responsibility for the conduct, products or websites discussed or recommended in Adapt-Ability's studio or website. The use of any information provided by Ian Stock or Adapt-Ability or the website is solely at your own risk.

You should consult your physician or other health care professional before starting this or any other fitness or nutritional program to determine if it is correct for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaging in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity.

Do not start a this fitness or nutrition program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

Ian Stock and Adapt-Ability and the website offers mobility, NLP, Parkour and movement/Neuro-Kinetic information and is designed for knowledgeable/educational purposes to help you reach certain goals only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis or treatment. If you have concern or questions about your health, you should always consult with a physician or other health care provider. Do not disregard, avoid or delay obtaining medical or health related advice from your health care professional because of something you may have read/received through Ian Stock or Adapt-Ability. The use of the information given by Ian Stock or Adapt-Ability is solely at your own risk.

Developments in medical research may impact the advice that appears in my program. NO assurance can be given that the advice contained in Adapt-Ability and by its trainers will always include the most recent findings or developments with respect to the particular material.

If you are in South Africa and think you are having a medical or health emergency call your health professional or 10111 immediately.

I, _____, agree to the terms and conditions of this disclaimer, therefore agreeing to not hold Adapt-Ability or Ian Stock liable for any loss, injury, damage to property, illness or recommendations not working for me.

All that is stated above is agreed upon by _____.

Signed at _____

Date: _____

Place: _____

Signature: _____