



**Adventure Core**

Nutrition and Fitness

**Medical Disclaimer and Waiver**

I \_\_\_\_\_ am fully aware that the **Adventure Core Nutrition and Fitness** program is not designed or intended as treatment for any medical condition. I have been advised to consult my physician prior to beginning this, or any, nutrition and exercise program.

I have notified **Adventure Core Nutrition and Fitness** of any and all medications and/or supplements that I take and/or existing physical and/or medical limitations or conditions.

I hereby waive and hold **Adventure Core Nutrition and Fitness** harmless from any and all claims arising from this agreement and/or participation in **Adventure Core Nutrition and Fitness's** program(s).

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Signature

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Date