



Disclaimer

Please read carefully

The Slim You, 21 Days to Change Body Blitz Challenge has been designed to achieve Rapid and Safe body fat loss, and is based on countless published papers, articles, books, training; personal experience and knowledge have been sourced.

Within the limitations of our knowledge of you and your capabilities, Slim You has complied the experiences you will receive in a safe and informed manner.

The components of the Body Blitz Challenge and all information are for informational purposes only. The learning is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Please do not disregard professional medical advice or delay seeking it if you believe that it is required or are instructed to do so by a health care practitioner on the retreat.

The information received is not meant to prevent, alleviate, or cure any disease or disorder. Always seek the advice of a holistic-orientated physician, doctor of chiropractic or other qualified health provider with any questions you may have regarding a medical condition.

The purpose of the Body Blitz Challenge is to amplify your fat loss quickly and safely as a lead in to a healthier lifestyle. You are urged to read all the available material, learn as much as possible about weight loss, health and wellness, and tailor the information to your individual needs. Every woman, man and family is unique with his or her own individual health needs so please seek professional health advice if you suspect that you need further health support.

Neither Slim You or its directors or staff shall be liable or responsible for any loss or damage allegedly arising from any information in their programmes or supporting products or material. Further, if you suspect that you have medical problem, we urge you to seek professional medical help.

During the Body Blitz Challenge Slim You expects that you will put your own safety and wellbeing first as well as listen to your body.

Please note: Results differ due to the nature of an individuals' commitment to the program and individual efforts. This program is not intended for people who are pregnant, have heart disease, diabetes, cancer, bulimia, anorexia or other serious health problem. It is safe for people with high blood pressure and cholesterol issues, pre diabetes, and insulin resistance.

Please sign that you acknowledge and understand this disclaimer

Name.....

Signature.....

Date.....

Doctor's clearance for supervised exercise if on medication or suffering from a heart condition.

Doctor's name and signature

Date.....