

LEGAL DISCLAIMERS

1 GENERAL

- 1.1 By entering the Sol Movement website (www.sol-movement.com) or by using our blog, e-mails, purchasing or using our training programs or plans, services, and/or products, you are agreeing to accept all parts of this disclaimer. Thus, if you do not agree to this disclaimer, STOP now and do not use our website, blog, e-mails, programs, services, or products.
- 1.2 We will not be held responsible in any way for the information that you request or receive through or on our website, blog, e-mails, training programs or plans, services and/or products. In no event will we be liable to any party for any direct, indirect, special, incidental, equitable or consequential damages for any use of or reliance on this website or blog, e-mails, training programs or plans, services, and/or products, including, without limitation, any lost profits, personal or business interruptions, personal injuries, accidents, misapplication of information or any other loss, malady, disease or difficulty, or otherwise, even if we are expressly advised of the possibility of such damages or difficulties.
- 1.3 Reference or links in this website, blog, e-mails, programs, services or products to any other business or entity's information, opinions, advice, programs, services, or products do not constitute our endorsement or recommendation. We are not responsible for the contents of any off-site web pages, companies or persons linked or referenced in this site.

2 MEDICAL

- 2.1 Sol Movement, strongly recommends that you consult with your physician before beginning any exercise program or plan. As part of these steps it is strongly recommended you complete an industry standard PAR-Q self-assessment form as referenced in Section 4. There are many examples available on-line. You should be in good physical condition and be able to participate in the exercise. Sol Movement is not a licensed medical care provider and represents that they have no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.
- 2.2 You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise programs tendered under your use of Sol Movement website or any of its material or content whether downloaded by you or sent to you by Sol Movement, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Sol Movement, its coaches including its parent company Mac Third Eye Limited, from any and all claims or causes of action, known or unknown, arising out of Sol Movement.
- 2.3 The information, materials or content provided by Sol Movement is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this website or any of material attributed to it. Never rely on information on this website or any of material attributed to it in place of seeking professional medical advice.
- 2.4 Sol Movement and its coaches including its parent company, Mac Third Eye Limited are not responsible or liable for any advice, course of treatment, diagnosis or any other information, services or products that you obtain through this site. You are encouraged to consult with your doctor with regard to this information contained on or through this website. After reading articles, watching videos or reading other content from this website, you are encouraged to review the information carefully with your professional healthcare provider.

3 COACHES

- 3.1 We are not doctors. The information we provide is based on our personal individual experiences and our experience as a Coach.
- 3.2 The information contained in our website, blog, guest blogs, e-mails, programs, services and/or products is for educational and informational purposes only, and is made available to you as self-help tools. Sol Movement Plans, Coaching and Community for women is provided for your own use. While we draw on our prior professional expertise and background in many areas, you acknowledge that we are supporting you in our roles exclusively as general fitness training coaches only. We provide information concerning, but not limited to, general fitness training, coaching and community, for women.
- 3.3 We are not medical health practitioners or mental health providers and we are not holding ourselves out to be in any capacity. Rather, we serve as coaches, mentors and guides who help you reach your own health and wellness goals.
- 3.4 We aim to accurately represent the information provided on this website, blog, e-mails, programs, services, and products. You are acknowledging that you are participating voluntarily in using our website or blog or in any of our e-mails, programs, services, and/or products, and you alone are solely and personally responsible for your results. You acknowledge that you take full responsibility for your health, life and well-being, as well as the health, lives and well-being of your family and children (born and unborn, as applicable), and all decisions now or in the future.

- 3.5** In the event that you use the information provided through our website, blog, e-mails, programs, services, and/or products, we assume no responsibility.
- 3.6** Every effort is made to ensure the accuracy of published information on or through our website, blog, e-mails, programs, services and products; however, the information may inadvertently contain inaccuracies or typographical errors. Every effort has been made to present you with the most accurate, up-to-date information, but because the nature of fitness training, coaching and wellness is constantly evolving, we cannot be held responsible for the accuracy of our content.

4 RESULTS

- 4.1** We make every effort to ensure that we accurately represent these products and services and their potential for results. There is no guarantee that you will experience the same results and you accept the risk that the muscle building results, fitness results, competition results and fat loss results differ by individual. [you will want to edit the areas of result that your work as a fitness coach relates, ie: your specialization]
- 4.2** We make no guarantees concerning the level of success you may experience, and you accept the risk that results will differ for each individual. Any testimonials and examples which may be provided from time to time are exceptional results, which do not apply to the average purchaser, and are not intended to represent or guarantee that anyone will achieve the same or similar results.
- 4.3** Each individual's health, fitness, and nutrition success depends on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.
- 4.4** There is no assurance that examples of past fitness, competition, muscle building and/or fat burning results can be duplicated in the future. We cannot guarantee your future results and/or success. Nor can we guarantee that you maintain the results you experience if you do not continue following the program. We are not responsible for your actions.
- 4.5** The use of our information, products and services should be based on your own due diligence and you agree that Sol Movement, its Coaches or its parent company Mac Third Eye Limited, is not liable for any success or failure of your physique that is directly or indirectly related to the purchase and use of our information, products and services.
- 4.6** We present real world experiences and insights on other people's experiences for purposes of illustration only.
- 4.7** The testimonials, examples, and photos where used, are of actual clients and results they personally achieved. Each client will have approved these testimonials, examples, and photos for use in materials to speak to our programs and plans, services, and/or product capabilities, but they are not intended to represent or guarantee that current or future clients will achieve the same or similar results. Rather, these client stories represent what is possible with our programs, services, and/or products.

5 Contact Information

The Sol Movement website is delivered and managed for the Sol Movement Company using several third-parties by:

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