

AGREEMENT AND RELEASE

1. In consideration of being allowed to participate in the activities and programs of **Gold Standard Fitness, LLC**, to use its web-based services and information sharing, I do hereby waive, release and forever discharge **Gold Standard Fitness, LLC** and its officers, representatives, executors, and all other from any and all responsibilities or liability for injuries or damages resulting from my participation in any activities or arising out of my choosing to make any dietary, exercise, or lifestyle changes based on the information provided. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in an activities of **Gold Standard Fitness, LLC**.

2. I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, are potentially hazardous activities. I also understand that fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

3. I do hereby further declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any of these activities and program of **Gold Standard Fitness, LLC** or use of any online content, workout videos, and nutritional advice provided. I do hereby acknowledge that I have been informed of the advice for a physician's approval for my participation in an exercise/fitness/nutrition activity. I also acknowledge that it has been recommended that I have a yearly or more frequent physical examination and consultation with my physician as to physical activity, exercise and nutrition so that I might have recommendations concerning these activities. I acknowledge that I have either had a physical examination and have been given any physician's permission to participate, or that I have decided to participate in activity without the approval of my physician and do hereby assume all responsibility for my participation, activities, and decisions.

4. I understand that Cathy Gold, owner and developer of **Gold Standard Fitness, LLC** is offering web-based services solely for informational purposes and guidance. I am employing these services to obtain information and guidance about health factors including healthy foods, exercise, and lifestyles in order to support my own desire for wellness. I understand that Cathy Gold is not a registered dietician or physician, and is providing information for me to use at my own discretion. The FaBu-Life program is not a dietary prescription and should be not be construed as medical or nutrition advice. I understand that I am being provided education as it relates to food, nutrition, behaviors, exercise, and lifestyles and this education does not replace diagnosis or treatment under the care of a physician or registered dietician. I have been advised of the safety, efficacy, and risks associated with the program and agree to proceed at my own risk.

Printed Name: _____ DATE: _____

Signature: _____