

Health and fitness information disclaimer

2. No advice

- 2.1 Our website contains general health and fitness information.
- 2.2 The health and fitness information is not advice and should not be treated as such.

3. No warranties

- 3.1 The health and fitness information on our website is provided without any representations or warranties, express or implied.
- 3.2 Without limiting the scope of Section 3.1, we do not warrant or represent that the health and fitness information on this website:
 - (a) will be constantly available, or available at all; or
 - (b) is true, accurate, complete, current or non-misleading.

4. Health and fitness information

- 4.1 You acknowledge that all exercise involves a risk of personal injury, including a small risk of serious injury or death, and agree that you are responsible for your health and well-being in relation to any exercise programme that you may undertake, whether or not such exercise programme uses the health and fitness information published on this website.
- 4.2 [If you [are pregnant or suffer from any medical or physical condition or disability], you should not] OR [You should not] make [any changes] to [your diet, nutrition, lifestyle, activities or exercise programmes] based on the health and fitness information published on our website without first consulting [your doctor or another suitably qualified professional].

5. Medical assistance

- 5.1 You must not rely on the information on our website as an alternative to medical advice from your doctor or other professional healthcare provider.
- 5.2 If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.
- 5.3 If you think you may be suffering from any medical condition, you should seek immediate medical attention.
- 5.4 You should never delay seeking medical advice, disregard medical advice or discontinue medical treatment because of information on our website.

6. Interactive features

- 6.1 Our website includes interactive features that allow users to communicate with us.

- 6.2 You acknowledge that, because of the limited nature of communication through our website's interactive features, any assistance you may receive using any such features is likely to be incomplete and may even be misleading.
- 6.3 Any assistance you may receive using any our website's interactive features does not constitute specific advice and accordingly should not be relied upon without further independent confirmation.

7. No liability

- 7.1 Subject to Section 8, we will not be liable to you in respect of any loss, injury or damage you may suffer as a consequence your reliance upon the information published on our website.

8. Limits upon exclusions of liability

- 8.1 Nothing in this disclaimer will:
- (a) limit or exclude any liability for death or personal injury resulting from negligence;
 - (b) limit or exclude any liability for fraud or fraudulent misrepresentation;
 - (c) limit any liabilities in any way that is not permitted under applicable law; or
 - (d) exclude any liabilities that may not be excluded under applicable law.

Free health and fitness information disclaimer: drafting notes

The publication of information relating to health and fitness presents special risks. Even if the underlying data is correct, the publication health and fitness information about such matters as dietary changes and exercise programmes can lead to illness or injury. If you publish such information, you should take reasonable steps to mitigate these risks.

This disclaimer template is designed to help with one aspect of risk mitigation. A well-drafted disclaimer may reduce the risk of a claim against you, and may reduce the amount of an award against you.

However, you should also consider other risk mitigation strategies (such as insurance and trading through a limited liability entity). Whilst a disclaimer may help with a legal claim in some circumstances, it will not help in all circumstances. Where practicable, you should take specialist legal advice on risk mitigation.

Section 1: Credit

Section: Free documents licensing warning

Optional element. Although you need to retain the credit, you should remove the inline copyright warning from this document before use.

Section 4: Health and fitness information

Optional element.

Section 4.1

Optional element.

Section 4.2

Optional element.

Section 5: Medical assistance

Optional element.

Section 6: Interactive features

Does the website include any interactive features through which information or assistance may be provided to users?

Section 8: Limits upon exclusions of liability

Section 8.1

Do not delete this provision (except upon legal advice). Without this provision, the specific limitations and exclusions of liability in the document are more likely to be unenforceable.