

SOCIAL MEDIA DISCLAIMER

Hey there! Thanks so much for following along with our social media. We want to be clear about some limitations of our social media content so we can all be on the same page. This Social Media Disclaimer aims to inform you of those limitations and to let you know other important details about our social media content.

This Social Media Disclaimer applies to all social media content for Good Body Pilates Studio and Pilates Eagle Rock (individually and collectively referred to as “Good Body Pilates Studio,” “we,” “us,” or “our”), including but not limited to

- Instagram: @goodbodypilates
- Facebook: <https://www.facebook.com/goodbodypilates>
- Instagram: @pilateseaglerock
- Facebook: <https://www.facebook.com/PilatesEagleRock>

While we try to keep this Social Media Disclaimer as current as possible, we may launch a new social media account before updating this document. If you see one of our social media accounts but don't see it listed here, please understand that this disclaimer still applies.

1. **Not Personalized Information or Medical Advice.** We provide content on our social media for your benefit. That said, the information provided is not specifically customized for you. Everybody is different, so what we suggest or highlight on social media may not be right for you. Also, the information we provide isn't medical advice. Nothing on our social media is designed to diagnose, treat, cure, or prevent any physical or mental disease or injury. When making decisions about your health, it is always best to consult a variety of sources, obtain personalized info, and consult your doctor or other medical professional when appropriate.
2. **Release of Liability.** Your choice to engage with our social media and your health decisions are your responsibility. By viewing or interacting with our social media, you agree to release, hold harmless, and waive any claims against Good Body Pilates Studio, its officers, members, directors, employees, contractors, or affiliates with regard to any of our social media content or any injury or other damages you may sustain in relation to such content.

For example, if we post a video demonstrating a specific mat exercise or a piece of equipment choreography, you try to recreate it at home, and you strain a muscle or hurt your back, you agree not to sue us. Or, if we share a tip on spinal alignment or pelvic placement, you apply it incorrectly to your own practice and experience discomfort, you agree not to sue us. These are only two examples out of millions of types of lawsuits, and we cannot list them all. The bottom line is that you agree not to sue us for any reason with respect to our social media. If you do not agree with this, please do not interact with our social media content

3. **Affiliate Links.** We may post a recommendation or link to a product or service we like. When we do so, please assume that we are compensated when our readers click the link or purchase the product or service. We only post about things we believe in and feel would benefit you.
4. **Not Approved by the FDA.** Just because we post about a product or service does **not** mean it has been evaluated or approved by the FDA or any other regulatory body. In fact, it is best to assume that it has not been evaluated or approved unless we specifically state otherwise.
5. **Intellectual Property.** All content posted on our social media accounts, including but not limited to images, videos, graphics, logos, and written posts, is the property of Good Body Pilates Studio and is protected by copyright and other intellectual property laws. No unauthorized use, reproduction, distribution, or modification of any image or post appearing on our accounts is permitted without express written consent from Good Body Pilates Studio. We reserve the right to take full legal action, including seeking injunctive relief and damages, should any unauthorized usage be found.
6. **Arbitration.** Any controversy or claim arising out of or relating to this Agreement shall be settled exclusively by binding arbitration conducted in the State of California or through such other arbitrator as mutually agreed upon by the parties. The arbitrator's decision shall be final and enforceable in any court of competent jurisdiction. The losing party shall bear the costs of arbitration. The arbitration award shall be final and binding upon the parties, and the parties hereby waive any rights to appeal or challenge the award, to the extent permitted by applicable law. This arbitration clause shall survive the termination or expiration of this contract.

7. **Reach Out.** Please feel free to connect with Good Body Pilates Studio to ask us any questions. All communications should be directed to info@goodbodypilates.com.

With Love,

Good Body Pilates Studio