

Terms and Conditions - Pause & Power Up Online Membership

Welcome to Pause & Power Up Online Membership! By accessing and using our services, you agree to comply with the following terms and conditions. Please read them carefully.

1. Membership Description:

Pause & Power Up Online Membership is a nutrition and wellness program designed to provide valuable content, resources, and support to enhance your overall wellbeing. As a member, you will have access to exclusive materials, including but not limited to videos, workbooks, coaching tools, recipe and meal plans, and other digital content (collectively referred to as "Content").

2. Copyright and Intellectual Property:

All Content provided through Pause & Power Up Online Membership is protected by copyright and other intellectual property laws. You acknowledge and agree that all rights, title, and interest in the Content belongs to Jasmine Stevens Wong. You may not copy, distribute, modify, or reproduce any Content without prior written permission from Jasmine Stevens Wong. Sharing your membership login credentials or any Content with unauthorised individuals is strictly prohibited.

3. Health Disclaimer:

- a. The information and advice provided through Pause & Power Up Online Membership are intended for general educational and informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your GP or healthcare provider before making any changes to your diet, exercise routine, or overall wellness practices.
- b. By using the services provided through Pause & Power Up Online Membership, you understand and accept that you are solely responsible for consulting your own medical professionals regarding any pre-existing health conditions, medications, or dietary concerns. Pause & Power Up and its representatives cannot be held liable for any adverse consequences resulting from your failure to seek appropriate medical advice or for any decisions made based on the information provided.

4. Termination:

- a. You may cancel your Pause & Power Up Online Membership at any time by following the cancellation procedure outlined in your welcome email. Please note that membership fees are non-refundable.
- b. Pause & Power Up reserves the right to terminate or suspend your membership at any time, without notice, for any reason, including but not limited to a violation of these terms and conditions.

5. Modifications to Terms and Conditions:

Pause & Power Up reserves the right to modify or update these terms and conditions at any time. Any changes will be effective immediately upon posting on our website. It is your responsibility to review these terms and conditions periodically for any updates or modifications.

By accessing and using Pause & Power Up Online Membership, you acknowledge that you have read, understood, and agreed to be bound by these terms and conditions.