

**Disclaimer of Liability to**  
**Participate in the Empowerfitnessllc**  
**6 Week Nutrition Challenge**

This program is designed for healthy individuals 18 years and older only.

**Empowerfitnessllc/Patricia Decker** is a certified Nutrition Specialist and **not** a **Physician** or **Registered Dietician** and the scope of this Nutrition Program does not include treatment or diagnosis of specific illnesses or disorders. This Nutrition Program is **not** intended in anyway as a medical guideline but is for **educational** purposes only. The information in this program is meant to **supplement**, not replace, medical advice.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting a new nutrition program. You must have a **complete** physical examination if you are sedentary, have high cholesterol, high blood pressure, diabetes, are overweight or if you have any **medical condition** that contraindicates nutrition changes. If your physician recommends that you don't use this program, please **follow** your physician's orders. It is also the responsibility of each participant to vet all foods for ingredients that may present personal adverse reactions.

While people **generally** experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and healthy nutrition, Empowerfitnessllc does not promise or **guarantee** weight loss or protection from future illness as a result of participation in this program.

Upon purchase, you are acknowledging that you have followed the guidelines set forth in this disclaimer and agree to its terms and conditions.