



Disclaimer

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The information, programs, and services provided by **U Turn Fitness** - whether through our website, in-person sessions, or digital content are intended for educational and informational purposes only.

1. Not Medical Advice

U Turn Fitness does not offer medical advice. All fitness, health, and wellness guidance provided is general in nature and is not a substitute for professional medical advice, diagnosis, or treatment.

Always consult with a doctor, physiotherapist, or qualified healthcare provider before beginning any fitness program, especially if you have any pre-existing medical conditions or injuries.

2. Personal Responsibility

By participating in any U Turn Fitness program or session, you do so voluntarily and at your own risk. You acknowledge that:

- Physical activity involves risk of injury or aggravation of pre-existing conditions
- You are solely responsible for your own health, safety, and decisions
- You will listen to your body and stop any activity that causes discomfort or harm.

3. No Guarantees

U Turn Fitness cannot guarantee specific results from any program or service. Outcomes such as improved strength, weight loss, or mental wellbeing vary based on individual effort, health status, and consistency.

4. Use of Content

Any content shared on our website, social media, or marketing materials is for general inspiration and information only. It may not apply to everyone. Do not rely solely on online content to make decisions about your health or training.

5. Limitation of Liability

U Turn Fitness and its trainers are not liable for any direct, indirect, or incidental damages or injuries that may occur through participation in our services or use of our content.

6. Updates

This disclaimer may be updated from time to time. Continued use of our services or site implies acceptance of any changes.

Contact

If you have any questions about this disclaimer, please contact:

info@uturnfitness.co.uk

Team, U Turn Fitness