**Liability Waiver**



Michele Luccketta

Director

Life Coach/Motivational Speaker/Youth Trainer

831-406-0239

 shell@LionheartsFitness.com

Victoria Phillips

Co Director

Exercise Physioloist/Personal Trainer/Muscle Therapist

Victoria@LionheartsFitness.com

**Please read and understand the following information on medical disclaimers. By signing below, you acknowledge receipt of the policies as listed above and below. You further acknowledge that you have read, understand, and accept each policy in its entirety.**

* **Lionhearts Fitness and Youth Center (LHFC), is not a licensed medical facility, and is not able to accurately diagnose or treat any diseases or medical problems. Our muscle therapists, massage therapists or life coaches are not medical professionals.**
* **LHFC is not a substitute for regular medical care from a licensed healthcare provider. Please consult with your primary care physician before starting any new exercise or health activity.**
* **All persons with pre-existing medical conditions should consult with their medical doctor before engaging in the use of all heat therapies, muscle therapy, massage services or BEMER PEMF therapies. Individuals with cardiovascular conditions or problems, congestive heart failure, impaired coronary circulation, or those who are taking medications which might affect blood pressure, should exercise caution when exposed to prolonged heat. Consult your doctor before using infrared saunas.**
* **Individuals with chronic health conditions and diseases associated with a reduced ability to sweat or perspire, including but not limited to: Parkinson’s, Multiple Sclerosis, Central Nervous System Tumors or Diabetes with Neuropathy, should consult their doctors before using all heat therapies, muscle therapy, massage services or BEMER PEMF therapies Pregnant women should not use infrared saunas, massage services or BEMER PEMF therapies at any point during the pregnancy term unless approved by their OBGYN**
* **Individuals with fevers or other infections should not use infrared saunas, massage services or BEMER PEMF therapies.**
* **If you have sustained recent joint injury, the injury should not be heated for the first 48 hours. If you have joints that are chronically hot and swollen, please consult with your doctor before using heat therapies.**
* **Individuals with pacemakers or defibrillator should not use all heat therapies, muscle therapy, massage services or BEMER PEMF therapies without approval of their doctor.**
* **Please note that medications including diuretics, barbiturates and beta-blockers may impair the body’s natural heat loss mechanisms. Over the counter drugs such as antihistamines may also cause the body to be more prone to heat stroke. If you have used any of the above, subject to other prohibitions herein, exercise caution when using infrared saunas.**
* **Children should consult with their pediatrician prior to all heat therapies, muscle therapy, massage services or BEMER PEMF therapies. Metal pins, artificial joints, or any other surgical implants generally reflect infrared waves and thus are not heated by the system. Silicone does absorb infrared energy. It is advised to check with your Surgeon/Doctor before using infrared saunas.**

**I understand that all heat therapies, muscle therapy, massage services or BEMER PEMF therapies are not intended to take the place of medical care or medications. I understand that I take full responsibility for my own health and well-being during and after use. I acknowledge that the results of all heat therapies, muscle therapy, massage services or BEMER PEMF therapies vary and that there is no guarantee of specific results offered or implied. LHFC does not offer refunds or credits due to a client’s unhappiness with final results. I agree to indemnify, defend and hold Lionhearts Fitness, Lionhearts Fitness and Youth Center and all authorized representatives harmless from and against all loss, claim or damage and any liability of any kind resulting in any way from use of all heat therapies, muscle therapy, massage services or BEMER PEMF therapies. The information outlined herein and offered at the location 4075 Cloud Springs Road, Ringgold Georgia, along with information provided by LHFC staff have explained the infrared sauna, massage services or BEMER PEMF therapies to me and all of my questions, if any, were answered. I have reviewed and completely understand all the information that was e-mailed to me. I can access all this information at http://LionheartsFitness.com/Wellness including the information contained herein, and I understand that the use of the all heat therapies, muscle therapy, massage services or BEMER PEMF therapies is at my own risk.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signed Date**