

RELEASE AND WAIVER OF LIABILITY

Through individualized nutritional education and consultant support, our goal is to teach women and men proper eating habits, good diet planning, daily exercise routines and a basic understanding of necessary nutritional requirements. We will also provide support and lifestyle change and management to successfully lose, stabilize and control weight. Our nutrition program will teach people how to increase their metabolism, burn fat versus muscle tissue, eat healthier and do all this naturally

We will not recommend or support fad diets or diet pills, and we will constantly recommend support, participation and recommendations from our clients' personal physicians. It is highly recommended that you consult with your physician before beginning our program,

I, \_\_\_\_\_, choose not to consult with a physician initiating my relationship with Women & Men's Nutrition and Weight Control Center Inc., and hereby release, discharge and covenant not to sue Women & Men's Nutrition and Weight Control Center, Inc., its agents, employees, representatives, officers, directors, members and all other persons acting for Women & Men's Nutrition and Weight Control Center, Inc., and all instructors, participants and advertisers [hereinafter called "release"] from all liability to me, my personal representatives, heirs, assigns and next of kin, for any and all loss or damage, and any claim or demands thereof on account of any injury to my person or property or my death, whether caused by the negligence of the releases or otherwise, resulting from my participation in the program. I acknowledge that my health and physical condition will allow me to perform the activities in this program.

IN WITNESS THEREOF, I have executed this release on the \_\_\_\_ day of \_\_\_\_\_, 2011

\_\_\_\_\_  
SIGNATURE OF RELEASOR

\_\_\_\_\_  
WITNESS