

Liability Waiver & Release Form

Nina ParkerBrison, M.B.A., A.A.S. Exercise Science Exercise Specialist & Elite Personal Trainer – ACSM-CPT, SFN

I, _____, certify and acknowledge:

That Nina ParkerBrison is an independent health coach and personal trainer for Unified Fitness, NPB, and has advised me prior to my commencement of participation in cardiovascular and resistance training programs that such participation could result in physical injury and death. I am participating entirely at my own risk.

I, _____, hereby **waive, release, and forever discharge** Unified Fitness, NPB, and Nina ParkerBrison from **any and all** liability, claims, demands, or causes of action arising out of **ordinary negligence**. This includes, but is not limited to, injuries or damage caused by equipment malfunctions, facility conditions, or any active or passive **negligent acts or omissions** by the trainer during virtual, online, or face-to-face training sessions.

I, _____, agree that any recommendation for changes in diet including the use of food, supplements, weight reduction and/or body building enhancement products are entirely my responsibility, and I assume all risks. I should consult a physician prior to undergoing any dietary or food supplement changes. I understand that Nina ParkerBrison, is not a legal Certified Nutritionist or Licensed Dietitian. Any nutrition advice used will be at my own risk.

I, _____, agree that I am voluntarily participating in virtual, online and in person training through Nina ParkerBrison and Unified Fitness, NPB. I assume all risks of injury, illness and/or death relating to the activities or exercises that occur inside/outside at my home, during virtual sessions, from using online exercise programs, and/or at various meeting locations. I am responsible to consulting with my doctor prior to exercise.

All sales of training packages, virtual programs, or apps are **final and non-refundable** upon purchase. Clients may cancel or reschedule an individual training session without penalty provided they give a minimum of **24 hours' notice** prior to the scheduled session. If a client fails to appear or cancels a session **within 24 hours** of the scheduled start time, they will be charged the **full rate** for that session, and the session will be forfeited. **Initials** _____.

I agree to **indemnify, defend, and hold harmless** Unified Fitness, NPB, and Nina ParkerBrison from and against any and all claims, lawsuits, demands, liabilities, losses, damages, judgments, and expenses—including reasonable **attorneys' fees and court costs**—arising out of or resulting from my participation in any training programs, virtual sessions, or exercises, including any claims based on the **ordinary negligence** of the trainer.

If any provision of this Liability Waiver & Release Form is held by a court of competent jurisdiction to be invalid, void, or unenforceable, the remaining provisions shall nevertheless **continue in full force and effect** without being impaired or invalidated in any way.

I, _____, have read this Liability Waiver form, understand and agree with each of the foregoing points, and have received a copy of this release form.

Client Signature

Date of Signature
