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The information contained on our videos, instagram and facebook, emails, programs and services and/or products and is made available to you is for educational purposes only. While

we draw on our professional expertise and background in business and other areas, you acknowledge that I am supporting you in my role exclusively as a health, wellness and fitness coach.

### **Not Medical Advice**

The information provided and contained on any videos or programs created by (ENERGY ELEVATION)PowerChiFit Inc.. is not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by your physician, therapist, licensed dietitian or nutritionist, or any other health care professional. We are not medical health practitioners or mental health providers and we are not holding ourselves out to be these things in any capacity. We are not providing health care, medical or nutrition therapy services or attempting to diagnose, treat or cure in any manner whatsoever any disease, condition, or other physical ailment of the human body. Rather, we serve as a coach, mentor and guide who help you to reach your own health and wellness goals through implementing incremental positive, healthy, sustainable lifestyle changes that help you live and thrive using simple methods of Qigong and well known and widely used Functional Movements.

Surface instruction is provided in these videos and programs. For further detail and for added layers of training, please consult a trusted teacher.

IF ANY OF THE FOLLOWING APPLY TO YOU, PLEASE CONSULT A PHYSICIAN BEFORE TRAINING:

- Mental Disorders
- Congestive Heart Failure
- Severe Organ Failure
- Hemorrhaging
- Menstruation
- Nerve Suppression
- Bone Fracture
- **Pregnancy**
- Geriatrics
- Young Children
- Cancer Patients
- Any Joint Dysfunction

- ANY other illnesses

When choosing an environment for Qigong training avoid:

- Cold Wind
- Direct Sunlight
- Lightning Storms
- Near Electrically Charged Wires or Power Plants

### **Consult Your Physician or Healthcare Provider**

Our intent is NOT to replace any relationship that exists or should exist, between you and a medical doctor or other healthcare professional. Always seek the advice of your physician or other qualified healthcare professional regarding any questions or concerns you may have about your specific health situation. We advise you to speak with your own medical professional before embarking on any fitness or qigong program herein. If you suspect that you have a medical condition of any kind, contact your healthcare provider promptly.

### **Personal Responsibility**

We aim to accurately represent the information provided on our website and or any videos of (ENERGY ELEVATION) PowerChi-Fit/EnerChi-Fit, Inc.. You are acknowledging that you are participating voluntarily in using our website, videos, programs or services and/or products and you alone are solely and personally responsible for the results. You acknowledge that you take full responsibility for your health, life and well-being as well as the health, lives and well-being of your family, and for all decisions made by you now or in the future.

### **No Guarantees**

Our role is to support and assist you in reaching your goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. We cannot and do not guarantee that you will attain a particular result, and you understand that results differ by individual. As with any health-related program or service, the results may vary and will be

based on many variables including but not limited to your individual capacity, life experience, unique health and genetic profile, starting point, expertise and level of commitment.

### **Assumptions of Risk**

There are sometimes unknown individual circumstances that can arise during use of our videos or programs, services and or products that can influence results. We are not responsible for your personal actions or choices before, during or after any of our programs, videos, services and or products. You understand that any use of the videos, equipment, suggestions or recommendation is at your own risk, with no liability on our part. You accept full responsibility for your use or non-use of any information provided by us through any means whatsoever. Your use or non-use of the videos or information on our site is at your own risk and you absolve us of any liability or loss that you or your family or children (if applicable) or any other person, may incur from your or their use or non-use of the information provided by (ENERGY ELEVATION) PowerChi-Fit/EnerChi-Fit, Inc through any means provided via this site or any social media.

### **Release of Claims**

We are not responsible in any way for the information that you request or receive through or on our website, social media, videos or programs. In no event will we be liable to any party for any loss or damages, including but not limited to direct, indirect, special, incidental, equitable or consequential damages, lost profits, personal or business interruptions, personal injuries, accidents, misapplication of information or any other loss, malady, disease or difficulty arising from the use of or reliance on our video content or programs, services or products, even if we are expressly advised of the possibility of such damages or difficulties.

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