



CONTEST RULES AND DISCLAIMERS

CONTEST RULES:

- ❖ No diet pills or supplements are to be taken during the contest
- ❖ Each contestant is responsible for attending workout sessions and must be on time
- ❖ Contestants are encouraged to donate \$1 to the children at Break the Barriers for every pound lost during the competition (our goal is \$3000)
- ❖ Contestants under the age of 18 must have parental consent to participate
- ❖ Contestants are advised to follow meal plans and workouts as instructed by the trainers

FACILITY RULES:

- ❖ No latex material of any kind is allowed at Break the Barriers due to potentially lethal allergies
- ❖ No eating or drinking on the premises. Bottled water is allowed
- ❖ No low cut tops
- ❖ Shorts must be no higher than 5 inches above the knee
- ❖ No vulgar language on the premises
- ❖ No spitting or littering on the floor
- ❖ Voices must be kept at a reasonable level
- ❖ No smoking
- ❖ *All rules apply to all parts of the facility, including the parking lot.*

DISCLAIMER:

The purpose of this competition is to support the contestants' efforts to follow a healthy weight-loss, diet, and exercise program and to establish patterns that will continue long after the contest is over. It is not intended to promote rapid weight-loss. Please do not enter this contest if you are already at a healthy weight and losing more weight may have an adverse affect on your overall health.

Not all exercise programs are suitable for everyone, so please consult your physician before beginning this or any program. You should never exercise beyond the level at which you feel comfortable. If you feel you are exercising beyond your current fitness abilities, or you feel discomfort, you should discontinue immediately.



Medical Release & Liability Waiver:

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in physical activity with Get a Better Body Fitness.

Having such knowledge, I hereby release Get a Better Body Fitness, their representatives, agents, and successors from liability for accidental injury or illness which I may incur as a result of participating in the said physical activity. I hereby assume all risks connected therewith and consent to participate in said program.

I agree to disclose any physical limitations, disabilities, ailments, or impairments, which may affect my ability to participate in said fitness program below.

Signature: _____ Date: ___/___/___

Adult Photo Release:

I consent to and authorize the use and reproduction by Get A Better Body Fitness of any and all photographs and any other audiovisual materials taken of me for promotional printed material, educational activities, exhibitions or for any other use for the benefit of the program without prior examination of said material. I hereby affirm that I am over the age of majority (18) and have the right to contract in my own name. I have read the above authorization, release and agreement, prior to its execution; I fully understand the contents thereof. This agreement shall be binding upon me and my heirs, legal representatives and assigns.

Signature: _____ Date: ___/___/___

Refund Policy: There will be no refunds for this program.

FEES: \$80 for returning contestants \$105 for new contestants

Fees will be accepted in the form of cash, check, money order, or pay online. Please make your check or money order payable to Get A Better Body Fitness.

I have read and understand the terms of this agreement, and hereby agree to comply with all conditions.

Print name: _____ Date: ___/___/___

Signature: _____ Date: ___/___/___

SEE YOU MARCH 14, 2009 FOR KICK-OFF DAY!!!!

PLEASE PRINT THIS PAGE OUT AND BRING IT ON 3/14/09