

# Disclaimer

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes in order to determine if it is right for your needs. 40 Days Fit by Shawntes Gary offers health, fitness, and nutritional information and is designed for educational purposes only. You should not rely on the following material and all subsequent information as a substitute or replacement for professional medical advice, diagnosis, treatment, or rehabilitation. The information distributed and promoted are meant to supplement, not replace, proper exercise training. By engaging in this program, you acknowledge that it is your sole responsibility to consult with your physician regarding both your medical fitness to engage in this exercise program and any medical or physical conditions which might arise during the course of your exercise program. If you have any concerns or questions about your health, you agree to consult with a physician or other health-care professional. You further agree to not disregard, avoid or delay obtaining medical or health related advice from your health care professional in connection with information or suggestions provided. The use of any information provided, distributed, and promoted are to be solely at your own risk.

Please discuss all nutritional changes with your physician or a registered dietitian. Don't perform any exercise without proper instruction. Always perform a warm-up prior to performing any type of physical activity. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and arrange to be seen and evaluated by a physician. Developments in medical research may impact health, fitness, and nutritional advice that is promoted and distributed. No guarantee can be given that the advice promoted and distributed will always include the most recent findings or developments with respect to that particular subject. All exercise poses possible risk of injury or death, safety first and know your limits. Do not take risk beyond your level of experience, expertise, training and fitness level. Don't perform any exercise unless you have been shown the proper technique by a certified fitness professional (personal trainer or certified strength and conditioning specialist). By enrolling in the program, you agree to consult your physician or other health-care professional before starting this fitness program.