

YOUR HEALTH AND WELLBEING

1. The danceSing On Demand programme is physically demanding. You must listen to your body and work at a level that is appropriate to your health and ability. Take breaks when needed and keep hydrated, ensure you have space to workout, clear of any objects, loose floor coverings, pets, children, other people, or equipment not currently in use.
2. Only you can know if you are in a suitable physical condition to safely perform this exercise program and follow the nutrition plan. If you have any doubt at all, consult your doctor or physician before you take part in danceSing On Demand to assess your physical suitability. Follow all safety instructions before and during this or any fitness plan.
3. If at any time you feel pain, discomfort, dizziness or nausea, you should slow down and stop exercising slowly. Then consult your medical provider.
4. If exercising with a child, please assess the suitability of the exercise program first and consult with the child's doctor or physician to confirm that they are physically fit to take part in danceSing On Demand. If at any time your child experiences pain, discomfort, dizziness or nausea, you should instruct them to slow down and stop exercising slowly. Again, then consult your child's medical provider.
5. If you are pregnant or have any underlying or special medical conditions you **must** first consult a doctor or physician to seek medical advice and confirm you understand the risks, contraindications, and complications of using this programme. Failure to do so could result in significant injury to you and others (including, if applicable, your unborn child).
6. By ticking this box, "I Accept", I acknowledge I have read, understand and agree with this statement.