

The Terms & Regulations below concern all activities of Natural Lifestyle Essentials, which covers all types of Personal Training, Health & Nutrition Coaching, Group Fitness Activities (also Martial Arts based) and Medical Exercise Specialist Sessions.

1.Introduction

Your agreement is with your personal trainer (the "Trainer") who delivers your training. These Terms and Conditions form part of your agreement with the Trainer. You understand that the Trainer is self-employed and you are entering into a contract with him alone. Your instructions to commence as a client of Natural Life Style Essentials will constitute acceptance of these Terms and Conditions when you will become a client (a "Client" or "you"). You are asked to pay special attention to the provisions related to cancellations. This does not affect your statutory rights.

2.Trainer's & Coach' Obligations

- A. The Trainer or Coach will use his/her skills and knowledge to design a safe program of exercise that will take into account your lifestyle, personal goals, fitness levels, and medical history.
- B. The Trainer will provide the coaching, supervision, advice, and support that you will need to achieve your goals. Apart from the initial consultation (and the first personal training session if taken immediately afterward), each full personal training session will last 50 minutes (a "Session") and half a session 30 minutes.
- C. You understand that the results of any fitness program cannot be guaranteed. Your progress depends on your effort and cooperation in and outside of the sessions. In particular, you acknowledge that individual results may vary and no particular result is guaranteed by your Trainer.
- D. All Client information will be kept strictly private and confidential.

3.Your Obligations

- A. It is understood between you and your Trainer and or Coach that both must commit to your training program 100% in order for you to achieve results.
- B. You are required to arrive on time for each Session so that the Trainer's and or Coach' full training plan is achieved on each visit.
- C. You are required to wear appropriate clothing and footwear.
- D. You are required to complete a Physical Activity Readiness Questionnaire (a "PARQ") before undertaking your first personal training session.
- E. Your Trainer and or Coach may require a letter of 'medical clearance' from your GP. Please be aware that your GP may charge for providing this letter.
- F. You understand and agree that it is your responsibility to inform the Trainer of any conditions or changes to your health, now and ongoing, which might affect your ability to exercise safely and with minimal risk of injury.
- G. If your Trainer requires further medical information from a practitioner, you must **provide such details.**
- H. You understand that there are inherent risks in participating in a program of strenuous exercise. If you sustain or claim to sustain any injury while participating in training, you acknowledge that the Trainer and or Coach is not responsible, except where the injury was

caused by his/her gross negligence or intentional act.

I. Your Trainer and or Coach cannot be held liable in any way for undeclared or unknown medical conditions.

4.Cancellation and Refunds

A. 24 hours notice of cancellation or postponement is required for all appointments. Notice of fewer than 24 hours will incur full payment of the full Session fee. This also counts for all types of reasons, such as illness, and other circumstances beyond your control.

B. Once purchased, your Sessions are nonrefundable and nontransferable.

5.Lateness Policy

A. If the client is late the Session cannot be extended and will end at the appointed time.

B. If the Trainer is late additional time will be added to the Session or to subsequent Sessions.

6.Health and Safety

A. If your Trainer conducts the Sessions on your premises you are responsible for providing a safe exercise environment.

7.General

A. You understand that in the unlikely event of your Trainer being unable to continue your training, for any reason, you can request a full refund from your Trainer for any unfulfilled Sessions.

B. The Trainer has the right to change these Terms and Conditions, for example, to be able to offer new services or as required by law. The Trainer will notify you of any change. When such a change(s) is made, if dissatisfied you can cancel this agreement once you have made any payments already due to the Trainer.

C. Your training may be filmed or pictures taken for marketing purposes. Your participation in a Session means you consent to photography, filming and sound recording which may include you as a Client and its use in commercial distribution without payment or copyright.

Yearly the rates will be adapted to the inflation %.

D. The information contained on our website, blogs, other types of social media, emails and phone messages, etc. is made for you as self-help tools and serve as information purposes only. Medical and - or Nutritional Advice & Therapy Services and Diagnoses are provided by Health Care Practitioners, Mental Health Providers and Licensed Dieticians who can give you aid on an individual level. Always seek the advice of your Health Care Practitioner when in doubt or when you feel the urge to ask any questions.

Do not disregard or delay medical advice because of information you have read on our website, blogs, other types of social media, emails and phone messages.

This agreement is governed by the laws of Portugal and is subject to the jurisdiction of the Portuguese court.