

MHA Digital Communities Exercise Disclaimer: March 2021

All video exercise classes provided by MHA Digital Communities are for educational and entertainment purposes only, and are not to be interpreted as a recommendation for a specific treatment plan or course of action.

Exercise is not without risks and this or any other exercise programme may result in injury. These include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heart beat, and in very rare instances heart attack.

To reduce the risk of injury, before beginning this or any exercise programme, please consult a healthcare professional for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented in the classes are in no way intended as a substitute for medical consultation. MHA Digital Communities disclaims any liability from and in connection with the sessions.

As with any exercise programme, if at any point during the class you begin to feel faint, dizzy or have any physical discomfort, you should stop immediately and seek medical advice.

Please take note of the following precautions before taking the class:

- To reduce and avoid injury, you will want to check with a doctor before beginning the classes. By participating in the classes you are doing so at your own risk. MHA Digital Communities will not be responsible or liable for any injury or harm you sustain as a result of our exercises.
- Please use good judgement and common sense when taking the class, consider your level and ability and choose the appropriate level of the exercises and rest when you need to.
- Please ensure you are in a clear space with no obvious hazards, with ventilation, appropriate lighting and access to water.
- Always wear appropriate footwear, suitable clothing and if using a chair for stability – ensure it is sturdy and placed on a level surface.
- By clicking on the link to the class on YouTube or joining a live sessions via Facebook or Zoom, you confirm to abide by the terms of this disclaimer. All live and recorded content is the property of MHA Digital Communities and is not to be shared with third parties unless consulted.