



## **Disclaimer for Maxi-Mum Coaching**

### **General Disclaimer:**

Maxi-Mum Coaching provides massage therapy, personal training (both in-person and online), and informational content across various platforms, including social media, email, our website, and blog. While we strive to offer high-quality, evidence-based services and information, all content and services are intended for general health, fitness, and wellness purposes only.

### **Massage Services:**

Massage treatments offered by Maxi-Mum Coaching are not intended to diagnose, treat, or cure any medical conditions or injuries. Clients should consult with their healthcare provider before receiving any massage therapy, especially if they are pregnant, have injuries, or have any medical concerns.

### **Personal Training & Core Rehabilitation:**

Our personal training services are tailored to support clients in improving their fitness and strength. However, all exercise programs and recommendations should be followed at your own discretion. Clients should consult their physician before beginning any fitness program, especially if they have pre-existing conditions, are pregnant, or are in the postpartum recovery period. Maxi-Mum Coaching is not responsible for injuries or adverse outcomes resulting from exercise participation.

### **Online Training & Workouts:**

Online and social media content, emailed workouts, or website/blog exercises are provided for informational and educational purposes only. They are not a substitute for personalized training or medical advice. Individuals who choose to follow these programs do so at their own risk. Maxi-Mum Coaching is not liable for any injuries or health issues resulting from the use of online or self-guided workout programs.

**Social Media & Website Content:**

Any advice, tips, or recommendations shared on social media, email newsletters, or blog posts are intended for general guidance only. They are not a replacement for professional advice from your healthcare provider, therapist, or fitness professional.

By participating in Maxi-Mum Coaching's services or following its content, you acknowledge that you do so voluntarily and at your own risk. Maxi-Mum Coaching is not responsible for any injuries, conditions, or complications arising from its services or content.

If you have any questions or concerns about this disclaimer, please contact Maxi-Mum Coaching directly at [hello@maxi-mumcoaching.com](mailto:hello@maxi-mumcoaching.com)