

DISCLAIMER

Medical Disclaimer:

Statements on this website have not been evaluated by the Fitness Industry council of Canada, Health Canada, or any other regulatory body.

Training and programs constructed are not intended to diagnose, treat, cure or prevent any disease.

Individual results may vary, and results are not guaranteed.

Genetic predisposition, resistance to adaptation, health history and many other variables play a factor in determining whether result orient training is tenable. We do promise through collaboration to work hard with you to overhaul your lifestyle and move towards are more healthy, active lifestyle.

The provided information is for promotional purposes only.

Function Labs Inc. does not provide medical advice, treatment, or diagnosis.

Function Labs Inc. strongly recommends that you consult with your physician before beginning any exercise program.

Before performing any exercise program remember to think about your current level of physical health and whether you are able to participate in exercise.

You are required to sign a Liability Waiver & complete a PAR+Q questionnaire before the commencement of any training and physical conditioning. It is strongly recommended that before you begin training you seek out and obtain a physical health evaluation pre-training.

Potential Questions to ask:

- Has your doctor ever said you have a heart condition or lung problem, and should only do physical activity recommended by a doctor?
- Do you usually get short of breath with very lightheaded after physical exertion?
- Do you ever get chest pressure or discomfort with moderate or vigorous activity?
- Do you ever lose balance or get dizziness during physical activity?
- Are there any other medical conditions that I should consider before performing physical activity?

If you answered “yes” to any of these questions, and have not seen a doctor recently, participation in the online exercise class is not advised.

With regard to Online training, we ask that you also be mindful of the space that you have around you.

You are encouraged to move at a pace that always feels comfortable for you.

When exercising at home, make sure to give yourself 3-6 feet (the dimension of a large yoga matt + at least 1 additional foot around the circumference of the matt) of open space on every side, and make sure to pick up all objects of the floor that could present a trip hazard.

Please understand that when participating in any exercise or physical activity program there is a possibility of physical injury and choosing to engage in this exercise or exercise program is done so at your own risk.

If the activity seems too rigorous for you, please take a break. For athletes, you are encouraged to get access to a Physiotherapist, Sports medicine clinic, RMT, Chiropractic or health care professional that can help guide you along your journey to prevent serious injuries or otherwise.