

Disclaimer

If you are to take part in any form of exercise or nutritional programming, you must get your doctors approval before beginning any exercise programme or following any nutritional advice. You must consult with your doctor prior to starting any exercise program, if you have any current medical condition and/or medications or any current/previous injury that could possibly contraindicate any form of exercise. Readers take full responsibility for that of their personal safety, including knowing their limits when exercising. The exercises and nutrition tips within this eBook are not intended as a substitute for any exercise plan or nutritional programme that may have been prescribed by a doctor or any other health professional. Do not perform any exercise until you have been shown the correct technique by a qualified personal trainer or gym instructor. Always ask for help if unsure. Always warm up and cool down prior to and post any physical activity. If you experience any light headedness, dizziness, or shortness of breath when exercising, immediately stop exercising and consult a doctor. If you are sedentary, overweight, have high blood pressure or diabetic please consult your doctor before exercising. Discuss any and all nutritional advice with either a doctor or a registered nutritionist. If your doctor or health professional advises you not to exercise or follow any specific nutrition plan, follow his or hers advise.