



**WAIVER**

We state: Tom Kiatipis, and staff are not licensed dietitians or officially certified nutrition specialists. All information you obtain will be directly from Staff's own experiences working with others, and University course and degree background. It is of best interest for anyone looking to start a health and fitness program to consult a physician before doing so; it would be wise to have blood work done and a physical performed by a licensed physician.

Before submitting this application, please read and understand the following:

You, the customer, completely understand that you (customer) may injure yourself as a result of participation in a fitness program, and hereby release Tom Kiatipis, and [www.coachkonline.com](http://www.coachkonline.com), from any liability now or in the future for any injury, including, but not limited to heart attacks, death, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries, and any other illness, soreness or injury however caused, occurring during or after my participation in the fitness program offered.

By submitting this application, you state that consideration of your participation in Tom Kiatipis' program, you for yourself, your personal representatives ,administrators, heirs and assigns, hereby holds harmless, Tom Kiatipis, and [www.coachkonline.com](http://www.coachkonline.com), from any claims arising from your participation in the program.

By submitting this application, you affirm that you have read, have been honest with Tom Kiatipis and also fully understand the above information. You have been given this opportunity to present questions in all related matters.

The below signed understands and agrees to all the terms of the contract listed above. I am signing this agreement on my own free will.

\_\_\_\_\_ (Client Printed Name)

\_\_\_\_\_ (Client Signature)

\_\_\_\_\_ (Date)

