

# RISKS OF PRODUCT USE

[go4fit.ca](http://go4fit.ca) content is not a substitute for direct, personal or professional medical care and diagnosis. None of the meal plans or exercise program's from [go4fit.ca](http://go4fit.ca) should be performed or otherwise used without clearance from your physician or health care provider. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. I am not a medical professional and nothing on this website, [go4fit.ca](http://go4fit.ca) should be misconstrued to mean otherwise.

There may be risks associated with participating in activities mentioned on [go4fit.ca](http://go4fit.ca). For people with bad health or with pre-existing physical or mental health conditions, you will NOT participate in any training programs, abdominal workouts or meal plans that are provided at [go4fit.ca](http://go4fit.ca). If you choose to participate in any of these activities, you do so on your own free will, knowingly and voluntarily assuming all risks associated with such physical activities. These risks may also exist for those who are currently in good health. As with any exercise program, your taking certain risks to your health and safety. Any form of exercise program can cause injuries, and [go4fit.ca](http://go4fit.ca) is no exception. It is possible that you may become injured doing the

exercises in your program, especially if they are done incorrect, with bad form or to much resistance.

Although instructions are included on how to preform each exercise, realize that go4fit.ca (like any other exercise program) does involve a risk of injury. If you choose to participate in these risks, you do so of your own free will, knowingly and voluntarily assuming all risks associated with such exercise activities. These risks may also exist for those who are currently in good health right now.

Jonas Deline is not a medical doctor. His advice, whether it be on his website, training programs or through his email coaching, is NOT a substitute for medical advice. You must consult with your doctor before beginning ANY physical activity. You are using go4fit.ca meal plans, training program's, abdominal workout's and coaching at your own risk and go4fit.ca is not responsible for any injuries or health problems you may experience or even death as a result of using GO4FIT services.

It is to be made clear that go4fit.ca or personal trainer Jonas Deline is not responsible for any injuries or health problems you may experience or even death as a result of using any products or services from go4fit.ca.

# GENERALLY EXPECTED RESULTS FROM GO4FIT.CA

Although the products and services at go4fit.ca are intended to be fully implemented and completed 100%, that's not always the case, a lack of completion and commitment will result in little to no progress for the user. If you implement the products and services from go4fit.ca correctly, you should see amazing results! However it must be disclaimed that even when clients implement any products or services in full from go4fit.ca it is still possible they will not get the results they may have expected and it is also possible they will not lose fat or gain muscle or achieve any positive results of any kind.