



DISCLAIMER: Consult your physician or other appropriate health care provider before starting this fitness video or any other fitness program. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness video if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. If you engage in this fitness video or exercise program, you agree that you are voluntarily participating in these activities, you assume all risk of injury to yourself, and you agree to release and discharge Atlantic Health System from any and all claims or causes of action, known or unknown, arising out of your participation and use of this fitness video.