**TERMS AND CONDITIONS OF CHOOSE TO MOVE.**

1. INTRODUCTION
   1. Welcome to Choose to Move an online fitness business providing food preparation guidance and 7-day meal planners, as well as online exercise classes both live and pre-recorded. These Terms and Conditions govern your use of our service.
2. MEMBERSHIP AND REGISTRATION
   1. To access our services, you must register for your membership.
   2. You must provide accurate, complete, and up to date information during the registration process.
   3. You are responsible for maintaining the confidentiality of your account log in details.
   4. You must be at least 18 years of age to use our services or have parental consent if under the age of18.
   5. If you are pregnant, post-partum or trying to conceive you must seek approval from your health care provider before engaging in our exercise programme or making dietary changes.
3. FOOD PREP AND MEAL PLANNERS
   1. Our services provide guidance on food preparation and 7-day meal planners, but it is your responsibility to choose the food options that suit your dietary needs and preferences.
   2. You acknowledge that it is your responsibility to follow the food plans or adapt any food preparation to your own allergies and intolerances.
   3. We will not be liable for any adverse reactions or consequences resulting from you not acknowledging your own food allergies and intolerance that as an individual you suffer from.
4. EXERSISE CLASSES
   1. You acknowledge that it is your responsibility to ensure you are in a safe and suitable environment to participate in our online exercise classes.
   2. You acknowledge that if you have any pre-existing medical conditions that may affect your participation in these online exercise’s classes such as, but not limited to, heart problems, circulatory problems, blood pressure, etc, you are responsible at all times for your own health, safety and well-being.
   3. You must wear suitable clothing and footwear for the exercise class you are participating in.
   4. You must ensure that you have sufficient space to move around safely during the exercise class.
   5. By using our services, you confirm that you are physically fit and do not have any medical conditions that may prevent you from participating in exercise.
   6. You must listen to your body and rest or stop the exercise class if you experience any discomfort, pain, or distress as we are all at different levels in our fitness abilities.
5. OWNERSHIP OF FOOD CHOICES
   1. You acknowledge that you are solely responsible for your food choices and selections.
   2. We will provide guidance and recommendations, but ultimately, the decision on food choices rests with you.
   3. By using our services, you confirm that you are physically fit and do not have any medical conditions that may prevent you from participating in dietary changes.
6. PAYMENT TERMS
   1. Our services are provided on a subscription basis, with payments due in advance.
   2. You agree to pay all fees and charges associated with your account.
   3. We reserve the right to modify our pricing and payments terms at any time.
7. CANCELATION AND REFUND POLICY
   1. You may cancel your subscription at any time, but no refunds will be provided for unused portions of the subscription period.
   2. We reserve the right to cancel or suspend your account at any time, without notice, if we believe you have breached these terms.
8. INTELLECTUAL PROPERTY
   1. All content, trademark, and intellectual property rights on our website and in our services are owned by Choose to Move or its licensees.
   2. You may not reproduce, distribute, or display and content from our website or services without our prior written consent.
9. LIMITATION OF LIABILITY
   1. We will not be liable for any damages, losses, or expenses incurred from your use of our services. This is including but not limited to indirect, incidental, consequential, or punitive damages.
   2. Our liability for damages will be limited to the amount of fees paid by you for the services.
10. INDEMNIFICATION
    1. You agree to indemnify, defend, and hold harmless Choose to Move and its affiliates, offices, directors, employees, and agents from and against any claims, demands, actions, or causes of actions arising from your breach of these terms and conditions or your use of our services.
11. GOVERNING LAW
    1. These terms and conditions will be governed by and construed in accordance with the laws of England and Wales.
    2. Any disputes arising from these terms and conditions will be resolved through binding arbitration in accordance with the rules of the London Court of international arbitration.
12. CHANGES TO TERMS
    1. We reserve the right to modify these terms and conditions at any time, without notice.
    2. Your continued use of our services after any changes to these terms and conditions will constitute your acceptance of the revised terms and conditions.

By using our services, you acknowledge you have read, understood, and agreed to be bound by these terms and conditions.

**Choose to Move**

**Date: 10.03.2025**