



**FIT TOGETHER LLC AND LARA LOCATELLO
RELEASE OF LIABILITY FOR RECEIPT OF NUTRITION INFORMATION AND
WAIVER OF CLAIMS ARISING FROM RECEIPT OF NUTRITION INFORMATION**

1. Use of the nutrition information provided by Fit Together LLC/Lara Locatello constitutes voluntary and complete acceptance of the terms of this Release and Waiver.
2. The nutrition information provided by Fit Together LLC and/or Lara Locatello is designed for and solely intended to be suggestions which may voluntarily be implemented into the diet of the person whose signature appears below (herein after referred to as “the user”). Use of any nutrition information provided is completely voluntary and each user is solely responsible for their voluntary choice to implement the dietary suggestions.
3. Fit Together LLC and Lara Locatello urge each person using this nutrition information to consult with a physician before implementing the nutrition suggestions into their diet. By implementing the nutrition suggestions provided by Fit Together LLC and/or Lara Locatello, the user is affirming to Fit Together LLC and Lara Locatello that she or he has consulted with a medical doctor and has been cleared to implement the nutrition suggestions.
4. Lara Locatello is not a licensed dietician or nutritionist. The nutrition information provided by Lara Locatello and/or Fit Together LLC is based on Dr. John Berardi’s nutrition teaching, expertise and personal experience.
5. Any nutrition information provided is not intended to diagnose, treat, cure or prevent any type of disease or condition. If you need specialized dietary planning to treat, cure, or prevent any type of disease or condition, you should consult with your medical doctor.
6. The person whose signature appears below hereby fully and forever releases Fit Together LLC and Lara Locatello and their landlord, directors, officers, employees, independent contractors, agents, attorneys, advisors, successors, and assignees, (collectively, the “Released Parties”) from any and all liability arising out of or in connection with the use of any nutrition information provided by Fit Together LLC and/or Lara Locatello.
7. The person whose signature appears below on her/his own behalf and on behalf of her/his respective family, representatives, heirs and assignees, hereby waives, and discharges any claims, demands, injuries, damages, or actions arising from the use of any nutrition information provided by Fit Together LLC and/or Lara Locatello (collectively referred to as “Claims”). Such Claims shall include any liability, demand, cause of action, charge, obligation or claim of every kind, nature or description whatsoever, in law, equity or otherwise, whether asserted or unasserted, whether known or unknown, and whether anticipated or unanticipated.

8. The person whose signature appears below holds harmless Fit Together LLC, Lara Locatello and each of the Released Parties from all Claims which may be brought by each user or any of her/his Representatives, for which user might otherwise seek redress from a Released Party.
9. The person whose signature appears below covenants that neither she/he, nor any of her/his Representatives, will sue or otherwise institute or participate or voluntarily assist in the prosecution of any legal or administrative proceedings against Fit Together LLC, Lara Locatello or any of the other Released Parties, with respect to any matter of any kind (including any Claim) arising out of or in connection with the use of nutrition information provided by Fit Together LLC and/or Lara Locatello. The person whose signature appears below intends that this general release extend to all matters with no exceptions.
10. The person whose signature appears below acknowledges and agrees, for himself or herself, *and* for his/her Representatives, that this general release extends to any Claim, even though such Claim may be unknown to him/her at the time of execution. The person whose signature appears below hereby acknowledges and waives the protection of any law or decision limiting the scope of a general release to Claims, having the same effect as and including without limitation.
11. The person whose signature appears below hereby acknowledges that if any provision or clause of this Release and Waiver is deemed invalid, such determination shall not affect the legitimacy and effect of the remaining provisions and clauses of this Release and Waiver.

Signature of Participant

12.

Print Name of Participant

Date