### Website Disclaimer for Coach Ness at www.icoachness.com

## Effective Date: October 14, 2024

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### 1. No Professional or Medical Advice

The fitness, health, nutrition, and related information provided on this website is not intended as a substitute for professional medical advice, diagnosis, or treatment. You should consult with a qualified healthcare provider before beginning any exercise, diet, or wellness program featured on this website, particularly if you have any existing medical conditions or concerns.

Nothing on this website constitutes, nor is intended to be, professional medical or healthcare advice. Your use of any information on this site is solely at your own risk.

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The website may contain testimonials from clients or users of our services. These testimonials reflect real-life experiences and opinions, but they may not represent all users' results. Individual results will vary. Testimonials on this website are not intended to represent or guarantee that anyone will achieve the same or similar results.

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## 7. Changes to this Disclaimer

We may update this disclaimer from time to time. Any changes will be posted on this page with an updated "Effective Date." You are encouraged to review this disclaimer periodically for any updates.

# 8. Contact Us

If you have any questions about this Disclaimer, please contact us at:

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This disclaimer helps protect Coach Ness, LLC from liability and sets clear expectations for website users regarding the information provided.