

## WAIVER and RELEASE OF LIABILITY:

I, \_\_\_\_\_, being aware of my own health and physical condition, and having knowledge that my participation in **any** exercise program may result in injury, illness, or death, am stating and acknowledging that I am voluntarily participating in physical activity with Terre Pruitt/Help You Well. Also, I am voluntarily signing this document. Furthermore, I am stating and acknowledging that engaging in any physical exercise or activity provided by Terre Pruitt, I do so entirely at my own risk.

In addition, I understand and acknowledge that this waiver and release of liability includes, without limitation waiver and release of liability from any and all: injuries, deaths, or property damage which may occur, accidental or otherwise, as a result of my participation in any activity and/or instruction, training, or supervision by Terre Pruitt (Teacher/Instructor).

If any portion of this waiver and release from liability shall be deemed by a court of law to be invalid, then the remainder of this release from liability shall remain in full force and effect.

**I expressly waive my right to bring any legal action, now or in the future, against Terre Pruitt/Help You Well.** To clarify, by signing this waiver and release, I acknowledge that I have carefully read this waiver and release and fully understand that it is a waiver of legal action and a release of liability and it is intended to be as broad and inclusive as is permitted by the law. I expressly waive my right and the right of my family, heirs, executors, representatives, administrators, and assigns to bring any legal action now or in the future against Terre Pruitt/Help You Well, her representatives, agents, relations, and successors, and any and all respective owners, holders, agents, representatives, etc. of the services and devices which are used - for any injury, death, negligence, or property damage that may occur accidental or otherwise, before, during, or after an in-person class, a live virtual class, or a recorded class. I agree to and hereby expressly waive, release, and forever discharge Terre Pruitt/Help You Well her representatives, agents, relations, and successors, from any and all responsibilities, liabilities and lawsuits, present or future, and causes of action now or in the future.

### **Image Release:**

In addition, I understand that a great effort goes into ensuring I am not included in the instruction recording, but sometimes it happens, so I consent to the use of my images (as may appear in video, still photography, picture, and or digital media) to be used in connection with or for the purpose of promotion of classes by Terre Pruitt/Help You Well and for replay of classes now and in the future. I understand that if the image is taken knowingly for the sole purpose of promotion or replay then I will be notified beforehand and given the option to opt out, but there are times when I may appear on the screen accidentally.

By initialing the line below, I permit my image(s) to be used as stated above and grant full rights to Terre Pruitt/Help You Well on an irrevocable and unlimited basis without any compensation or payment for any such use and further use thereof. Image release (initial here in agreement): \_\_\_\_\_

\_\_\_\_\_  
(if agree to above, sign here)

\_\_\_\_\_  
Date

\_\_\_\_\_  
(Print name here)