

# Disclaimer

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## Disclaimer

Seneca College Athletics & Recreation is happy to offer online fitness and wellness classes. Consult with your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. 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 program if your physician or health care provider advises against it. To make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "2023 PAR-Q+".

By continuing with this online fitness and wellness class, you understand that there is a possibility of physical injury and you agree that you do so voluntarily, at your own risk. You also assume all risk of injury and agree to release Seneca College Athletics & Recreation of any and all claims related to your participation in this online fitness and wellness class.

If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.