

Exhibit A

Policies;

1. Sessions last approximately one hour, please be ready to begin at your scheduled time.
2. Time slots are available on a 'first come, first served' basis by appointment. Clients who train on a monthly basis will usually have priority since they can schedule regular standing times.
3. About cancellations:
 - i) During the period of your first sessions (initial training period), you will receive no credit for cancelled or missed workouts, regardless of reason, unless we cancel, in which case you'll receive a free workout for each session cancelled.
 - ii) You will not receive credit for any workouts unless it was cancelled with at least 24 hours advance notification.
 - iii) If you receive credit for a missed workout, you must use the credit within 60 days of the missed workout, or it will be waived.

..... (client's initial)

4. Clients will be required to keep a food diary for 2 weeks at the beginning of the Programme. After 2 weeks, the diary will be analyzed for nutritional content and I will make suggestions to help you improve your diet.
5. Clients are required to observe the rules of the gym or facility where workouts take Place.
6. Clients are required to wear appropriate clothing and footwear. Clothes should be Loose fitting and non restrictive. Footwear should be comfortable and provide adequate support.
7. Clients have the right to terminate a particular exercise or workout at any time. **You are in control of your workouts!** If an exercise is uncomfortable or painful, or if you want to stop for any reason, you may do so.
8. **You will get from your workouts what you put in!!** you are the only one who can make sure you workout consistently (missing workouts is a guarantee to get nowhere), eat properly, rest enough and live a healthy lifestyle.

..... (client signature)

Independent. Qualified. Professional.