

UCLA Recreation Voluntary Participation Disclaimer

The information provided by the University of California, Los Angeles is of a general nature and is furnished only for educational/entertainment purposes.

No information is to be taken as medical or other health advice pertaining to any individual's specific health or medical condition.

The University of California, Los Angeles strongly recommends that you consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

Do not start this fitness program (or any fitness program) if your physician or health care provider advises against it.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. If you are having a medical or health emergency, call your health care professional, or 911, immediately.

You agree that the use of this information and participation in this virtual class is voluntary and at your own risk and agree to release and hold harmless the University of California from any and all losses, liabilities, injuries or damages resulting from any and all claims.

All content provided therein is available for users of various skill levels, for a variety of activities, and for varying durations. Content is intended for informational purposes only and should not be considered medical or healthcare advice.

