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You should consult your physician or other health care professional before starting this or any other 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. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

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If you are in crisis, reach out for help to a crisis help line. A list of crisis help lines and service providers can be found by doing a search in your online search engine, or contact any of the organizations listed below: National Suicide Hotline 800-273-TALK (800-273- 8255); National Domestic Violence Hotline 800-799-SAFE (800-799-7233); National Child Abuse Hotline 800-4-A-CHILD (800-422-4453). While we provide online services, we do not have a 24-hour hotline for medical or psychological emergencies; nor do we handle requests in crisis situations, such as if you are feeling suicidal or in need of immediate assistance due to emotional crisis. If you are in crisis, contact one of the

above organizations or another resource of your choice. If you need help finding mental health services and support in your community contact an appropriate organization, such as for example: National Mental Health Association Information Center: nmha.org.

Company is only providing informational and educational self-help resources to you.

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