

DEKALB HEALTH PRESENTS

COMMIT TO BE FIT

IN PARTNERSHIP WITH PROACTIVE SPINE AND JOINT AND
THE YMCA OF DEKALB COUNTY

HOW MANY MONDAYS HAVE COME AND GONE
SINCE YOU SAID, “I’LL START NEXT WEEK?”
TAKE ACTION.
COMMIT TO BE FIT WITH US TODAY.

Commit to Be Fit 2018 is a five month community—wide wellness initiative to learn how to create healthier lifestyles utilizing live demonstrations, education, exercise and customized monthly challenges

Fee:

\$30 per person (18 + years of age)

\$55 per couple (18 + years of age)

**We must receive registration
by February 19, 2018**

Commit to Be Fit will launch Tuesday, February 20, 2018 and conclude Tuesday, June 26, 2018. Monthly sessions will be led by Dr. Brandon Galbraith, D.C. and other healthcare specialists on Tuesday evenings at DeKalb Health from 6—7pm.

Participants will have the chance to win one of two cash prizes by completing the entire five month program.

REGISTRATION

COMMIT TO BE FIT

Important Dates: February 20, February 27, March 27, April 24, May 29, June 16 (Optional), June 26

Awards: Cash prizes for one male and one female who successfully complete the five month Commit to Be Fit program.

Successful Program Completion: Attendance and participation in five (5) of six (6) Commit to Be Fit educational sessions, complete and track five (5) of six (6) challenges and participate in two (2) individual or group weekly workouts. Proof must be provided that workouts were completed. Body measurements will not be used as a contributing factor in the competition, however will be taken monthly for individual progress.

PLEASE TEAR OFF BOTTOM PORTION AND RETURN TO ADDRESS BELOW

REGISTRATION (Check or Credit Only)

_____ Individual \$30

_____ Couple \$55

PAYMENT INFORMATION (Please leave blank)

_____ Individual \$30

_____ Couple \$55

Name: _____ Address: _____

Phone: _____ Email: _____ Age: _____ [] Female [] Male

T-Shirt Size (Please circle) : S M L XL XXL Other: _____

By joining this program, you are voluntarily agreeing to this Disclaimer, and you are legally agreeing you have read, understand, and fully consent to the terms below.

DeKalb Health, Pro-Active Spine and Joint, and the YMCA of DeKalb County will be referred to as "We, Our" and "Us" for the remainder of the document. Our role is to support and assist you in reaching your goals, but your success depends on your own effort, motivation, commitment and follow-through. We cannot and do not guarantee you will attain a particular result, and you accept and understand that results differ by each individual. Each individual's health and wellness success depends on his or her background, dedication, desire and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your body chemistry, daily demands, energy expenditure, stage of life, individual capacity, life experience, unique health and genetic profile, starting point, expertise and level of commitment. We are serving as coaches, educators, mentors and guides who help you reach your own health and wellness goals through implementing incremental, positive, healthy and sustainable lifestyle changes. We are not providing health care, medical or nutritional therapy services or attempting to diagnose, treat or cure in any manner whatsoever.

The information presented in this program is not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

There are sometimes unknown individual risks and circumstances that can arise during the use of wellness programs, service and/or products that cannot be foreseen that can influence or reduce results. We are not responsible for your personal actions or choices before, during, or after any of our programs, services and/or products. You understand that any health or wellness product, suggestion, or recommendation is to be taken at your own risk, with no liability on our part. You also understand that any food preparation, or food handling, storage, or treatment; or instructions for immediate or late use; as well as any mention of any menu, recipe, product, suggestion, or recommendation is to be taken at your own risk, with no liability on our part. You accept full responsibility for the consequences of your use, or non-use of this information at your own risk and you absolve us of any liability or loss that you, or your family, or any other person, may incur from your or their use of the information provided.

We do not assume liability for any accidents, delays, injuries, illness, disease, loss or damage for any private health class; workshop or seminars. We do not assume liability for your choices of medical treatment, dietary choices, lifestyle choices, supplements, vitamins, herbs, essential oils, teas, food storage, handling, condiments, and/or cooking or reheating, whether in our presence or not in our presence.

By signing this agreement, educational content, food instructions, dietary recommendations, lifestyle recommendations, or any of our programs, services, videos or products, signify your agreement to all parts of the above disclaimer and have been cleared by your personal physician or healthcare provider to engage in this program and physical activity.

Signature _____ Printed Name _____ Date _____