

Terms & Conditions

Please carefully read and understand the following terms and conditions ("Terms") before enrolling in the Online Fat Loss Program (the "Program") offered by Rio May. By participating in the Program, you agree to adhere to these Terms.

1. Program Overview

The Online Fat Loss Program is an 8-week fitness and nutrition program designed to promote fat loss, health improvement, and lifestyle changes. The Program includes access to digital content, instructional materials, fitness plans, nutrition guidance, and group support.

2. Eligibility

Participants must be at least 18 years of age and in good physical health to enrol in the Program. It is recommended that participants consult with a healthcare provider before beginning any exercise or nutrition program, especially if they have pre-existing medical conditions.

3. Payment and Fees

Payment for the Program is £200 (British Pounds). Payment is required in full before access to program materials is granted. Refunds are not available once the program has commenced.

4. Program Content

All program materials, including written content, videos, and downloadable resources, are the property of Rio May and are intended for the personal use of enrolled participants only. Unauthorised distribution or sharing of program materials is prohibited.

5. Participation Commitment

Participants are expected to commit to the 8-week duration of the Program. Consistency and dedication to the provided fitness and nutrition plans are essential for achieving desired results.

6. Rewards Discretion

Rio May, as the program facilitator, retains the discretion to award rewards or incentives to participants based on their performance and adherence to the Program. The nature and value of rewards will be determined by Rio May and may vary among participants.

7. Participant Responsibility

Participants are responsible for their own health and well-being during the Program. Rio May is not liable for any injuries, illnesses, or adverse effects resulting from participation in the Program. Participants should follow safety guidelines and modify exercises as needed.

8. Privacy

Personal information provided during enrolment will be kept confidential and used solely for program-related purposes. Participants' identities will not be disclosed without their consent.

9. Termination or Suspension

Rio May reserves the right to terminate or suspend a participant's access to the Program for violations of these Terms, inappropriate behaviour, or any other reason deemed necessary by Rio May.

10. Changes to Terms

Rio May reserves the right to modify these Terms at any time. Participants will be notified of any significant changes, and continued participation in the Program implies acceptance of the updated Terms.

11. Dispute Resolution

Any disputes arising from or relating to the Program will be resolved through negotiation and mediation. If a resolution cannot be reached, participants and Rio May agree to seek resolution through legal means in accordance with applicable laws.

By enrolling in the Online Fat Loss Program, you acknowledge that you have read, understood, and agreed to these Terms and Conditions. Please contact Rio May for any questions or concerns regarding the Program or these Terms.