

## Disclaimer

### At Home Activities

When taking part in any of our activities or videos you must understand that physical activities, in any form, carry the risk of injury

#### It is your responsibility

- to know your physical and mental capabilities for activities you choose to do
- to ensure that you will not exceed your limits or skill level.
- to select the appropriate level of activity for your skills and abilities, as well as for any mental or physical conditions or limitations you may have.

Some activities may suggest physical adjustments or the use of equipment, but you shall be solely responsible to determine if any such suggested adjustment or equipment is appropriate for your level of ability or physical or mental condition.