



NUTRITIONAL THERAPY AND FUNCTIONAL MOVEMENT STRENGTH AND CONDITIONING COACHING INFORMED CONSENT AND DISCLAIMER

Dr. Kerry Thuett, Nutritional Therapist and Functional Movement Strength and Conditioning Coach

Before you choose to use the services of a Nutritional Therapist or Functional Movement Strength and Conditioning Coach, please read the following information **FULLY and CAREFULLY**.

GOAL: Our basic goal is to encourage people to become knowledgeable about and responsible for their own health, and to bring it to a personal optimum level. Nutritional therapy and functional movement are designed to improve your health and fitness, absent other non-nutritional and physical structural complicating factors, requires a sincere commitment from you, including lifestyle changes and a positive attitude. A Nutritional Therapist is trained to evaluate your nutritional needs and make recommendations of dietary changes and supplements. A Functional Movement Strength and Conditioning Coach is trained to evaluate your fitness and movement needs and make recommendations for physical training. Nutritional Therapists and Functional Movement Strength and Conditioning Coaches are NOT trained to provide medical diagnoses and treatments. No comment or recommendation should be construed as being a medical diagnosis. Every human is unique, thus, we cannot guarantee results from our programs.

HEALTH CONCERNS: If you suffer from a medical or pathological condition, you must consult with an appropriate healthcare provider before implementing nutrition and training protocols. A Nutritional Therapist, nor a Functional Movement Strength and Conditioning Coach is not a substitute for a medical healthcare provider; neither are these professionals licensed to diagnose or treat pathological conditions, illnesses, injuries, or disease.

If you are under the care of another healthcare provider, it is your responsibility to contact your provider and alert them to changes in your nutrition, the use of nutritional supplements, and addition of physical movement. Nutritional therapy and physical training may be a beneficial adjunct to more traditional care, and they may also alter your need for medication, so it is important for you to always keep your physician informed of changes in your nutritional program.

If you are using medication of any kind, you are required to alert the Nutritional Therapist and Functional Movement Strength and Conditioning Coach to such use, as well as to discuss any potential interactions between medications and nutritional products and changes with your pharmacist.

If you have any physical or emotional reaction to nutritional therapy (food changes or supplements), discontinue the specific food and/or supplement use immediately, and contact your Nutritional Therapist to ascertain if the reaction is adverse or an indication of the natural course of the body's adjustment to the therapy. If you have any physical reaction (extreme soreness, sharp pain, swelling, etc.) to physical training, contact your Functional Movement Strength and Conditioning Coach to ascertain if the reaction is adverse or an indication of the natural course of the body's adjustment to the training.

During your movement and fitness program, every effort will be made to assure your safety. However, as with any physical program, there are risks, including increased heart stress and musculoskeletal injuries. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility for personal damage. You also agree that, to your knowledge, you have no limiting physical conditions that would preclude a movement and fitness program.



PHYSICAL TRAINING CLEARANCE: A physician’s examination is recommended for (1) *all* participants with any exercise restrictions; and (2) *all* men ≥45 years of age, and (3) *all* women ≥55 years of age. Physical training participants in any of these categories who do NOT have a prior physician examination MUST acknowledge that they have been informed of its importance. By signing below, you accept full responsibility for your own health and well-being AND you acknowledge an understanding that no responsibility is assumed by your Functional Movement Strength and Conditioning Coach.

COMMUNICATION: Every client is individual, and it is not possible to determine in advance how your system will react to changes in nutrition, supplements, or physical movement. It is sometimes necessary to adjust your program as we proceed until your body can begin to properly accept products geared to correct imbalances. It is your responsibility to do your part by using your nutrition and fitness guidelines, move your body and train your mind sufficiently to bring your emotions into positive balance, eat a proper diet, get plenty of rest, and learn about nutrition. You must stay in contact with the Nutritional Therapist and Functional Movement Strength and Conditioning Coach so we can evaluate changes and determine a best course of action.

Feel free to ask your other healthcare providers to contact the Nutritional Therapist and Functional Movement Strength and Conditioning Coach for answers to any questions they may have regarding nutritional therapy and functional movement strength and conditioning.

LICENSURE. A Nutritional Therapist is not licensed or certified by any state. A Nutritional Therapy Practitioner™ is trained by the Nutritional Therapy Association, Inc.®, which provides a certification of completion to students who have successfully met all course requirements, including in-person written and practical exams. A license to practice Nutritional Therapy is not required in some states. Laws and regulations regarding certification and licensure of Nutritional Therapy requirements differ from state to state. A Functional Movement Strength and Conditioning Coach is not licensed or certified by any state. A Functional Movement Coach is trained by Functional Movement Systems®, and a Strength and Conditioning Coach is trained by The National Strength and Conditioning Association®. These entities provide certifications to students who have successfully met all course requirements, including in-person written and practical exams.

By my/our signatures(s) below, I/we confirm that I/we have read and fully understand the above disclaimer, are in complete agreement thereto and do freely and without duress sign and consent to all terms contained herein.

NAME (Please print) _____

CLIENT SIGNATURE _____ **DATE** _____

CLIENT PROXY SIGNATURE _____ **DATE** _____

PROXY RELATIONSHIP TO CLIENT _____

Nutritional Therapy and/or Functional Movement Strength and Conditioning Coaching may not be covered by insurance and all costs are the sole responsibility of the client.