



**FITNESS FOR FIFTY+**  
REDEFINING FITNESS AFTER FIFTY

## **Terms of Use**

Effective Date: March 1, 2025

### **1. Acceptance of Terms**

By accessing or using **Fitness for Fifty Plus**, you agree to be bound by these Terms of Use. If you do not agree, please do not use our website.

### **2. Use of Website and Services**

- You must be at least 18 years old to use our services.
- You agree to use our website lawfully and for personal, non-commercial purposes.
- Unauthorized reproduction, distribution, or modification of content is prohibited.

### **3. User Accounts**

- You may need to create an account to access certain features.
- You are responsible for maintaining the confidentiality of your login credentials.
- We reserve the right to suspend or terminate accounts that violate these Terms.

### **4. Health Disclaimer**

- The content provided on this website is for informational purposes only.
- Always consult with a healthcare professional before starting any fitness or diet program.
- We are not responsible for any injuries, health complications, or damages arising from the use of our programs or recommendations.

### **5. Payment and Subscription Terms**

- Fees for programs and services must be paid in full before access is granted.
- Subscription services may automatically renew unless canceled before the billing date.
- Refunds are subject to our refund policy.

### **6. Intellectual Property**

- All website content, including text, graphics, and trademarks, is owned by **Fitness for Fifty Plus** or licensed to us.
- Unauthorized use of our intellectual property is strictly prohibited.



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## **7. Limitation of Liability**

- We provide services "as is" without warranties of any kind.
- We are not liable for any direct, indirect, incidental, or consequential damages resulting from website use.

## **8. Termination**

We reserve the right to suspend or terminate access to our website at any time for violations of these Terms.

## **9. Governing Law**

These Terms shall be governed by and construed in accordance with the laws of [Insert Jurisdiction].

## **10. Contact Information**

For questions about these Terms, contact us at **[FitnessForFiftyPlus.com](http://FitnessForFiftyPlus.com)**.