

guide to nutrition offer terms & conditions

live happily ever active



General conditions

1. These terms and conditions apply in addition to those set out in your Membership Agreement with us. To the extent that there is any inconsistency between these Terms and Conditions and your Membership Agreement, your Membership Agreement shall prevail.
2. By purchasing the Guide to Nutrition you will be able to book your attendance at two nutrition seminars via MyLocker and one 30 day fitness plan bookable at your Club reception.
3. You must attend the nutrition seminars within 30 days of purchasing the Guide to Nutrition. You may attend the nutrition seminars as many times as you like during the 30 day period.

Look after yourself

4. All bodies are different and it is important to understand that while our trainers offering nutrition guidance have completed the Precision Nutrition Level 1 certification that the information provided in the seminars and the Guide is general in nature and should not be used to treat or diagnose any medical or health condition, food intolerance or allergy. Please consult with your doctor before undertaking any nutrition or diet plan. Neither the Guide or the seminar content or information provided by our trainers should replace the Australian government dietary guidelines on nutrition or any specific medical advice you have received.
5. Prior to, or during, the course of your nutrition or training journey health concerns may arise that may require further input from a doctor, dietician or other allied health professionals. Please be aware that our trainers cannot diagnose and or/prescribe treatment for any form of disease, food intolerance, allergy or other medical condition.
6. Please monitor your physical condition at all times and adopt your diet according to your own knowledge of your health and any medical advice you have received. The limitation of liability set out in paragraph 13 of your Membership Agreement applies to all services you will receive under your Guide to Nutrition package.

7. The suggestions recommended in the Precision Nutrition System are not intended as a substitute for any exercise or dietary regimen prescribed by your doctor.

As with any exercise and nutritional intervention, whether for health improvement, weight gain, fat reduction, or performance enhancement, you should obtain your doctor's approval before beginning. Further, and preferably, your physician should perform an overall assessment of your health and readiness.

It's important to realise that all forms of exercise pose some inherent risks. Therefore, it is always advisable that users of the Guide take full responsibility for their actions and to know their limits.

With respect to exercise training, improper form can result in injury. If you are unfamiliar with any of the exercises referenced as part of the Precision Nutrition System (including online as part of the Precision Nutrition Member Zone), consult an experienced trainer to instruct you on proper form and execution. Precision Nutrition Inc., the editors, the authors and Virgin Active hereby disclaim any liability or loss in connection with the use of the Precision Nutrition system and the Guide, its programs, and advice herein.

Payment, cancellations and refunds

8. Payment for The Guide to Nutrition is a one off payment. No refunds will be given after the purchase is made.
9. If for any reason you cannot make it to the seminars within the 30 days of purchasing your package these will be forfeited and no refunds will be given.
10. If you freeze your membership or you are no longer a current member of Virgin Active at any point during the program you will not be able to attend the seminars or your 30 day plan consultation and you will forfeit any remaining sessions.
11. If a seminar is cancelled by Virgin Active for any reason either prior to or during the seminar, the seminar will be made up with a new session time advertised on the Club timetable and MyLocker.