



Terms of Use Policy

Effective Date: October 23, 2023

Welcome to More Than Fitness, a comprehensive online fitness and nutrition coaching platform designed to help you achieve your health and fitness goals. Please take a moment to carefully review our Terms of Use policy, as it governs your use of our services and website. By using our services and website, you agree to comply with these terms and conditions.

1. **Acceptance of Terms** By using the More Than Fitness website and services, you acknowledge and agree to be bound by these Terms of Use. If you do not agree with these terms, please do not use our services.
2. **User Eligibility** You must be at least 18 years of age to use More Than Fitness. If you are under 18, you must have parental or guardian consent to use our services.
3. **User Accounts** You may be required to create an account to access certain features of our services. You are responsible for maintaining the confidentiality of your account information, including your username and password. You are also responsible for all activities that occur under your account.
4. **User Responsibilities** You are responsible for providing accurate and complete information when signing up for our services. You must not share your account credentials or access with others. You agree to use our services for lawful and legitimate purposes. You are responsible for your personal health and safety when participating in fitness programs, and you should consult a healthcare provider before starting any new fitness or nutrition regimen.
5. **Privacy Policy** We respect your privacy and personal information. Our Privacy Policy outlines how we collect, use, and protect your data. By using our services, you consent to our Privacy Policy.
6. **Prohibited Conduct** You agree not to engage in any of the following prohibited activities while using More Than Fitness: *This list is not intended to be all inclusive.*
 - Posting, transmitting, or sharing any content that is illegal, harmful, or infringes on the rights of others.
 - Using our services for any unlawful, fraudulent, or harmful purposes.
 - Attempting to gain unauthorized access to our systems or other user accounts.
 - Impersonating another individual or entity.
 - Distributing spam, malware, or any other harmful content.
 - Violating the intellectual property rights or copyrights of More Than Fitness or any third parties.
 - Violating any applicable local, state, or federal laws.



7. **Content Ownership** All content available on More Than Fitness, including text, images, videos, and other materials, is protected by copyright and other intellectual property rights. You agree not to copy, distribute, or reproduce our content without our explicit consent.
8. **Termination of Services** More Than Fitness reserves the right to terminate your access to our services at any time, without notice, if you violate these Terms of Use.
9. **Disclaimer** Our services provide fitness and nutrition information, but we do not provide medical advice. Always consult with a qualified healthcare professional before making any changes to your diet or exercise regimen. More Than Fitness and its instructors are not liable for any injuries, health problems, or adverse effects that may result from the use of our services.
10. **Limitation of Liability** More Than Fitness shall not be held responsible for any direct, indirect, or incidental damages resulting from your use of our services.
11. **Changes to Terms** We reserve the right to update or change these Terms of Use at any time. We will notify you of significant changes through our website or email. Your continued use of our services after these changes constitutes your acceptance of the revised terms.
12. **Contact Us** If you have any questions or concerns about our Terms of Use, please contact us at coachingmtf@gmail.com.

Thank you for choosing More Than Fitness. We look forward to empowering women through fitness, nutrition, wellness, and accountability.