

## **Health Champion Disclaimer**

Medicine is an ever-changing science. As new research and clinical experience broadens our knowledge, changes in treatment and approach are required. We have made every effort to check with reliable sources in our efforts to provide information that is complete and accurate at the time of production of this program.

The information contained on this website is for educational purposes only. You should always seek the professional opinion of a qualified medical health care expert before participating in any physical activity program. The information on this website by no means is a substitute for medical advice and/or treatment.