

## Website Terms and Conditions

Effective Date: 30 April 2025

Website: <https://www.edefitness.com>

Owner: Robert Ede, trading as Ede Fitness

Email: [rob@edefitness.com](mailto:rob@edefitness.com)

Jurisdiction: England and Wales

### 1. Acceptance of Terms

By using this website, you agree to be bound by these terms and conditions. If you do not agree, please do not use the site.

### 2. Use of Website

This website is provided for general informational purposes only. You may:

- View, download, and print pages for personal use
- Share content on social media with proper credit and links

You must not:

- Use the website in any way that causes or may cause damage or impairment to availability or accessibility
- Use it in any unlawful, fraudulent, or harmful way
- Republish, sell, rent, or sub-license any material from this site without permission
- Copy or exploit any material for commercial use without prior written consent

### 3. Intellectual Property Rights

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#### **4. Health and Fitness Disclaimer**

The information provided on this website is for general guidance only. It is not a substitute for professional medical advice, diagnosis, or treatment.

By using this site, you acknowledge:

- All exercise and nutritional advice is provided for general educational purposes
- You should consult a doctor or qualified health professional before starting any new fitness or nutrition programme
- You use this information at your own risk

Ede Fitness accepts no liability for any injuries or damages arising from your use of the information on this site.

#### **5. Third-Party Links**

This site may contain links to other websites. These links are provided for your convenience only. I do not control or endorse the content of any third-party sites and am not responsible for any damages or losses arising from your use of those sites.

#### **6. Limitation of Liability**

I make reasonable efforts to ensure the information on this site is accurate and up to date, but I do not guarantee that it is free from errors or omissions. I do not accept liability for:

- Any loss or damage caused by reliance on content
- Temporary unavailability of the website due to maintenance or issues beyond my control
- Any direct, indirect, or consequential damages arising from site use

#### **7. Privacy and Cookies**

Use of this website is also governed by my Privacy Policy, which explains how personal data and cookies are managed in accordance with UK GDPR.

## **8. Governing Law**

These terms are governed by and construed in accordance with the laws of England and Wales. Any disputes shall be subject to the exclusive jurisdiction of the courts of England and Wales.

## **9. Changes to These Terms**

I reserve the right to amend these terms at any time. Updated versions will be posted on this page with the revised effective date.

If you have any questions about these terms, please contact me at [rob@edefitness.com](mailto:rob@edefitness.com)