

Make It Happen Academy – Disclaimer

Not a Substitute for Professional Advice

The Academy does not provide medical, nutritional, psychological, or therapeutic advice, diagnosis, or treatment. Nothing shared in the courses, community discussions, or live events should be interpreted as professional healthcare, therapy, or counseling. Always seek the advice of a qualified professional (doctor, physiotherapist, dietitian, psychologist, or other licensed specialist) before making changes to your health, diet, fitness, or wellbeing routines.

Individual Responsibility

You are responsible for your own decisions, actions, and outcomes. Participation in any exercise, nutrition, or mindset practices suggested in the Academy is voluntary and at your own risk. Progress and results vary depending on individual effort, background, and circumstances. No guarantees are made regarding outcomes.

Physical Activity & Injury

Exercise and dance carry inherent risks, including the risk of injury. By following any movement, flexibility, or strength training guidance provided in the Academy, you voluntarily assume all risk. The Academy and its creators are not liable for any injury, health condition, or damages that may occur as a result of participation. Consult your doctor or physiotherapist before beginning any new physical activity, especially if you have existing injuries or conditions.

Nutrition & Body Confidence Content

All nutrition-related information is general and educational. It is not personalized nutritional, medical, or mental health advice. If you have or suspect you may have an eating disorder, disordered eating patterns, or body image concerns, please seek professional support from a qualified health provider.

Mental & Emotional Wellbeing

Mindset and confidence resources are for personal development and empowerment only. They are not a replacement for therapy or professional mental health treatment. If you are experiencing anxiety, depression, or any mental health challenges, please seek immediate support from a qualified professional.

Community Guidelines & Conduct

Members are responsible for how they engage within the Academy community. The Academy is not liable for any interactions, advice, or content shared between members. You agree to follow the community guidelines and maintain a respectful environment.

No Guarantees of Results

While the Academy is designed to support growth, learning, and performance, results will vary. The Academy does not guarantee specific outcomes, such as improved flexibility, strength, or career advancement.

Limitation of Liability

To the fullest extent permitted by law, the Academy and its creators, instructors, and affiliates disclaim all liability for any direct, indirect, incidental, or consequential damages resulting from your participation. By using the Academy, you release the creators from any liability relating to injuries, health issues, or outcomes connected to your participation.

Intellectual Property

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