
Terms of Service

1. Exclusive Use of Content

All plans, guides, and other content provided by VADA LABS are protected by copyright and are for personal, non-commercial use only. Reproduction, distribution, or resale of this content in any form is strictly prohibited.

2. Disclaimer of Responsibility

VADA LABS and its staff are not liable for any outcomes or adverse effects resulting from the use of our services or advice, except where such liability cannot be excluded under UK law.

3. No Guarantee of Results

Results may vary based on individual factors, and no guarantees of specific outcomes are provided.

4. Membership Termination for Non-Payment

Membership may be terminated if payment fails and is not resolved within 14 days. Members will receive at least one notification via email before termination. For assistance, contact us at info@vadalabs.co.uk.

5. Peer Counselling Disclaimer

Our services provide peer counselling and educational support. VADA LABS coaches are not licensed medical professionals unless explicitly stated. Advice provided is not a substitute for medical guidance.

6. Age Restrictions

You must be at least 18 years old to use VADA LABS services. If you are under 18, you may only use our services with the consent of a parent or guardian.

7. Price and Policy Changes

We reserve the right to change prices and policies at any time. Changes will not affect previously purchased services. Notice of price changes will be provided on our website or via email at least 14 days in advance.

8. Cancellation of Membership

If your membership is cancelled due to non-payment, all access to VADA LABS resources, coaches, and groups will be discontinued. You may rejoin by paying the initial membership fee and resolving any outstanding payments.

9. Coaching Subscriptions and Workout Progress

Our 1-on-1 coaching subscriptions guarantee access to personalised coaching on a monthly basis. While the plan is to provide new workout routines each month, this is based upon your completion of the prior month's workouts. If you have not completed the assigned workouts for a given month, these workouts may be carried forward into the next month of your subscription, as it is in your best interest to follow the programme sequentially.

Coaching support, advice, and feedback will continue regardless of workout completion.

This policy is designed to support your personal fitness journey and to ensure the best possible outcomes. For clarification, contact us at info@vadalabs.co.uk.

Here's a suggested paragraph to include in the **Terms of Service (TOS)** regarding medical conditions and injuries:

10. Medical Conditions and Participation

By purchasing or using any of our services, including but not limited to pre-purchased plans (e.g., 6-week challenges) or coaching subscriptions, you confirm that you are medically fit to participate in physical activity and have no medical conditions or injuries that would prevent your safe engagement.

For coaching subscriptions, it is your responsibility to disclose any medical conditions or injuries during the onboarding process so that your programme can be appropriately tailored. While our coaches may adjust plans to accommodate disclosed conditions, they may need to refer you to specialists, and their advice should not be considered a substitute for medical consultation.

For pre-purchased plans or non-tailored services, Vada Labs does not review individual medical suitability. It is your responsibility to consult with a qualified healthcare provider before purchasing or engaging in any physical activity. By proceeding with your purchase or use of our services, you agree that Vada Labs is not liable for any injuries, health complications, or adverse effects that arise from participation.

11. Educational Nature of Information

Our information is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your doctor or qualified medical professional before making changes to your diet, health, or fitness routines.

12. FDA Disclaimer

Statements made by VADA LABS have not been evaluated by the Food and Drug Administration or other relevant authorities. Our content and products are not intended to diagnose, treat, cure, or prevent any disease.

13. Affiliate Disclosure

Some links on this website are affiliate links. If you make a purchase through these links, we may receive compensation. This does not affect our recommendations, which are based solely on our independent research. We encourage you to perform your own research before making purchases.

14. Contact Information

For questions about these Terms of Service, contact us at:

Email: info@vadalabs.co.uk

Address: 71-75 Shelton Street, London, WC2H 9JQ