



# Terms and Conditions

## Exercising Kindness

Effective Date: 1<sup>st</sup> March, 2026 and running ad infinitum.

Welcome to Exercising Kindness. By registering as a member or participating in any activities organised by Exercising Kindness, you agree to the following Terms and Conditions. Please read them carefully.

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## 1. About Exercising Kindness

Exercising Kindness is a community initiative designed to promote fitness and wellbeing while raising funds for animal rescue charities.

All funds raised through membership fees, donations, events, and fundraising activities are donated directly to our nominated animal rescue charities.

In accordance with our member statements:

- No cash payments or financial distributions will be made to members.
  - Members do not receive any share of funds raised.
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## 2. Use of Funds

- 100% of funds raised (after any clearly stated and necessary processing or platform fees, where applicable) are donated directly to our selected animal rescue charities.
  - Exercising Kindness operates with full transparency regarding the distribution of funds.
  - Members acknowledge that participation is for charitable and community purposes only.
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### **3. Membership**

By becoming a member, you agree that:

- You are participating voluntarily.
- You understand that Exercising Kindness is not a medical or healthcare provider.
- You are responsible for ensuring that you are physically fit and capable of participating in any fitness-related activities.

Members may cancel their membership at any time via the Exercising Kindness website. Cancellation is simple and can be completed through your account settings.

No minimum membership period applies unless otherwise stated.

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### **4. Health and Medical Disclaimer**

Participation in any exercise or fitness activity carries inherent risks.

By joining and participating, you acknowledge and agree that:

- You take part entirely at your own risk.
- Exercising Kindness is not responsible for any injury, illness, health condition, loss, or damage arising from participation.
- You should consult a qualified medical professional before beginning any exercise programme, particularly if you:
  - Have existing medical conditions
  - Are pregnant
  - Have concerns about your physical health
  - Have not exercised regularly before

If in doubt, please seek medical advice before starting.

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### **5. Personal Responsibility**

Members are responsible for:

- Exercising within their personal limits.
- Stopping immediately if they feel pain, dizziness, discomfort, or unwell.
- Using appropriate equipment and safe environments when participating.

Exercising Kindness does not provide personalised medical advice, diagnosis, or treatment.

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## 6. Donations & Refunds

Membership fees and donations are charitable contributions intended for animal rescue charities.

As funds are donated directly to charity:

- Donations and membership payments are non-refundable.
- Refunds may only be considered in exceptional circumstances at our discretion.

## 7. Shop

### Returns Policy

We hope you love your Exercising Kindness items and, as all funds raised go directly to animal rescue charities, we kindly ask that purchases are made thoughtfully. As a small fundraising initiative, we are unfortunately unable to resell returned items, meaning returns directly reduce the funds available for our charitable donations.

However, your statutory rights are fully protected under the Consumer Rights Act 2015. If an item is faulty, not as described, or unfit for purpose, please contact us and we will ensure the matter is resolved in line with your legal rights.

For any return enquiries, please email [lynne@exercisingkindness.co.uk](mailto:lynne@exercisingkindness.co.uk) and we will be happy to help.

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## 8. Cancellation

You are entitled to cancel your membership at any time via the website.

Upon cancellation:

- Future payments will not be taken.
  - Access to member benefits may cease immediately or at the end of your billing period.
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## 9. Amendments

Exercising Kindness reserves the right to update or amend these Terms and Conditions at any time. Updated versions will be posted on the website and will take effect immediately upon publication.

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## 10. Contact Us

If you require any assistance, have questions about these Terms and Conditions, or need support with your membership, please contact:

 [lynne@exercisingkindness.co.uk](mailto:lynne@exercisingkindness.co.uk)

We are always happy to help.

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**By registering as a member of Exercising Kindness, you confirm that you have read, understood, and agreed to these Terms and Conditions.**