

HEALTH AND FITNESS DISCLAIMER

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Tamreen provides access to fitness, nutrition, wellness, and sports-related Programs and Content for general educational and informational purposes only. Tamreen is not a medical provider and does not provide medical advice, diagnosis, treatment, emergency care, physiotherapy, dietetic treatment, or clinical services.

Users should consult a qualified healthcare professional before starting any exercise, nutrition, or wellness program, especially if they have a medical condition, injury, surgery history, pregnancy, postpartum status, breastfeeding, medication use, eating disorder history, chronic pain, heart condition, diabetes, hypertension, respiratory condition, or any health concern.

Fitness and nutrition activities carry inherent risks, including injury, illness, pain, allergic reaction, worsening of existing conditions, cardiovascular events, and in rare cases death. By using the Platform, Users voluntarily assume these risks to the maximum extent permitted by Kuwait law.

Users must stop immediately and seek medical attention if they experience chest pain, severe shortness of breath, dizziness, fainting, irregular heartbeat, severe pain, sudden weakness, allergic reaction, or any symptom that causes concern.

Tamreen does not guarantee results. Testimonials, progress examples, or transformations are illustrative and not typical guarantees.

Service Providers are responsible for their own credentials, professional standing, content, instructions, and user communications. Tamreen may screen credentials commercially but does not guarantee professional suitability.

Emergency — call 112 immediately

If you experience a medical emergency, do not use Tamreen. Call 112 (Kuwait emergency services) or your local emergency number immediately, or go to the nearest emergency department. Tamreen is not an emergency service and cannot respond to medical emergencies.

Fitness and training disclaimer

Strength training, conditioning, mobility, cardio, HIIT, sports, and physical training carry inherent risks of musculoskeletal injury, sprain, strain, tear, fracture, joint pain, dizziness, fainting, dehydration, heat illness, cardiovascular events, and aggravation of pre-existing conditions. Users must warm up, use correct form, respect their current level, rest as needed, hydrate, train in a safe environment, and use appropriate equipment. Users with any heart, lung, joint, spine, neurological, or other condition, or who are pregnant, postpartum, breastfeeding, recovering from surgery, on medication, or returning from injury, must obtain medical clearance from a qualified healthcare professional before beginning any Program and must follow that professional's instructions over the Platform Content where there is a conflict.

Nutrition and dietary disclaimer

Nutrition Programs and dietary content on the Platform are general educational guidance and are not a clinical dietetic prescription or medical nutrition therapy. They do not replace personalized advice from a licensed clinical dietitian or physician. Users with a food allergy, intolerance, eating disorder history, diabetes (type 1 or type 2), kidney disease, liver disease, gastrointestinal disorder, pregnancy, breastfeeding, or any other medical condition affected by diet, and Users taking medication that interacts with diet (including insulin, blood thinners, or thyroid medication), must consult a licensed clinical dietitian or physician before following any nutrition plan. Calorie targets, macronutrient ratios, fasting windows, and supplement suggestions are not safe for every person and must be adapted to the individual.

Physiotherapy and rehabilitation disclaimer

Physiotherapy, rehabilitation, mobility, corrective-exercise, post-surgical, post-injury, and pain-management content on the Platform is general educational guidance and is not a clinical physiotherapy treatment. Users with post-surgical recovery needs, acute injury, chronic pain, spinal condition, joint instability, neurological condition, pregnancy-related musculoskeletal symptoms, or any condition requiring clinical management must consult a licensed physiotherapist or treating physician before following any rehabilitation Program. Service Providers offering physiotherapy-related Programs must hold the licenses required by the Kuwait Ministry of Health and any applicable GCC licensing authority where they operate.

Per-Program acknowledgment

For Programs that carry elevated health risk (including high-intensity training, advanced strength programs, fasting-based nutrition plans, and rehabilitation Programs), Tamreen may require an additional in-Platform health acknowledgment before access is granted. The acknowledgment is recorded as a Consent Record under the Terms and Conditions and the Privacy Policy.

Service Provider responsibility

Service Providers are responsible for their own credentials, professional standing, licenses, content quality, instructions, safety screening, and User communications. Tamreen may screen credentials commercially but does not guarantee professional suitability and is not a substitute for the User's independent verification of a Service Provider's license where required by law (in particular for nutritionists and physiotherapists).

Liability

To the maximum extent permitted by Kuwait law, Tamreen is not liable for health outcomes arising from a User's participation in Programs or reliance on Content, except for liability that cannot lawfully be excluded under Kuwait law (including liability for fraud, gross negligence, or willful misconduct).
