Health Warnings
BE a Woman application

1. The BE a Woman Exercise-Educational Application is intended for healthy users.

If you are experiencing a cold or suffer from any illness of any origin, consult your health condition and decision to exercise with your doctor. If you are recovering from any injury, follow the recommendations and rehabilitation procedures prescribed by your attending physician. If you are unsure whether the application is suitable for your specific movement limitation, consult your doctor, or use this contact for consultation: eva(at)skvelevtele.cz.

IMPORTANT: Always consult your doctor before using the BE a Woman application if:
- You have chronic illnesses, heart problems, or other health issues
- You are taking medications that could affect your exercise performance

2. Exercise, advice, and procedures included in the BE a Woman application are in no way a substitute for medical care or professional advice from healthcare professionals.

It is essential to respect your health condition and follow the recommendations prescribed by your doctor.

3. The exercise plans in the application are not intended for pregnant women.

If you still choose to use the application, please be aware that you do so at your own discretion and responsibility.

4. Follow these application usage rules:
- Exercise only when in good health
- Exercise in a safe environment with enough space around you to prevent injury
- Exercise with full concentration and follow the instructions in the videos
- Do not exercise through body pain; if you experience acute pain, stop exercising immediately and consult a doctor. If you experience dizziness, nausea, or other unusual symptoms during exercise, stop immediately and seek medical help
- If you have a partial or total joint replacement, consult your attending physician about the possibility of using the application and respect your individual range of joint motion. Follow the same procedure for other surgeries or injuries.
- If you have recently given birth, do not start using the application before the postpartum period ends; in the case of a C-section, start using the application only 12 weeks after delivery. Choose plans designed for the postpartum body.
- Follow the application's recommendations when selecting a plan based on diagnostics or after consultation with Eva Behenská.

5. The exercises included in the BE a Woman application are based on the practice of Ing. Eva Behenská.

The individual exercise plans are designed to increase difficulty naturally and gradually. Respect the recommendations for each exercise plan. If the difficulty level is too high, you can change the plan.

6. The application operator SKVĚLE V TĚLE s.r.o., represented by Ing. Eva Behenská, is not responsible for any damages caused by violation of the rules mentioned here or for non-compliance with the procedures contained in the individual exercise videos.

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