



## PLEASE READ BEFORE STARTING ANY VIDEOS

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### IMPORTANT SAFETY INFORMATION

- Trying video activities can be unsafe and result in injury. You are trying the video activities at your own risk.



- Talk to your health professional, family and carers before starting any video activities especially if you already have any health problems or might be pregnant.



- Please make sure you have adequate space and you remove any dangers before starting any video activities.



- Stop any activity immediately if you feel any pain, feel dizzy or short of breath and seek medical attention.



- For more information contact the video presenters directly through the [Presenters page on the Village website](#) or contact the Village on [healthychangevillage@gmail.com](mailto:healthychangevillage@gmail.com) or 1800 035 141

