

Terms & Conditions

Effective Date: August 18, 2026

Last Updated: August 18, 2026

Welcome to **Vital Rhythm Wellness**. These Terms & Conditions ("Terms") govern your use of the Vital Rhythm Wellness website, including any content, resources, programs, products, services, and coaching opportunities offered through the website.

By accessing or using this website, purchasing a service, booking a consultation, enrolling in a coaching program, or otherwise engaging with Vital Rhythm Wellness, you agree to these Terms.

If you do not agree with these Terms, please do not use this website or purchase or participate in my services.

1. About Vital Rhythm Wellness

Vital Rhythm Wellness is owned and operated by **Katherine Cobb** ("**Kat Cobb**," "**I**," "**me**," or "**my**"), a Texas-based health and wellness coach.

My services may include health and wellness coaching, nutrition education, fasting education, lifestyle coaching, fitness and movement guidance, stress and nervous-system regulation education, habit development, accountability, personal development, and related wellness education.

Although I am a Registered Nurse and have professional clinical experience, **Vital Rhythm Wellness coaching services are provided in a coaching and educational capacity and are not provided as medical treatment or as a substitute for an established patient-provider relationship.**

2. Not Medical Advice or Medical Treatment

The information provided through this website, coaching sessions, programs, emails, social media, downloadable materials, and other resources is intended for general educational and wellness purposes.

Nothing provided by Vital Rhythm Wellness is intended to:

- Diagnose a disease or medical condition;
- Treat a disease or medical condition;
- Cure a disease or medical condition;
- Prevent a disease or medical condition;
- Replace medical care;
- Replace treatment prescribed by a licensed healthcare provider;
- Establish a physician-patient relationship;

- Establish a nurse-patient relationship; or
- Substitute for individualized medical advice.

My role as a health coach is to provide education, support, accountability, behavior-change guidance, and wellness coaching.

You are responsible for obtaining appropriate medical care and making decisions about your healthcare in consultation with your own licensed healthcare providers.

3. Registered Nurse Disclosure

I am a Registered Nurse; however, my professional nursing credentials do not mean that every service offered through Vital Rhythm Wellness constitutes nursing care.

When providing coaching services, I am acting in my capacity as a health and wellness coach rather than as your treating nurse or healthcare provider.

I do not establish a nurse-patient relationship through general website use, educational content, discovery calls, or coaching services unless expressly required by applicable law.

4. Health Conditions and Medical Clearance

You are responsible for informing me of any health considerations that may affect your ability to safely participate in coaching recommendations.

Before making significant changes to your nutrition, fasting practices, exercise routine, supplementation, or other health behaviors, you should consult an appropriately licensed healthcare professional when appropriate.

You should obtain medical guidance before participating in fasting or significant dietary or exercise changes if you have a medical condition, take prescription medication, are pregnant or breastfeeding, have a history of an eating disorder, have experienced significant menstrual or hormonal disruption, have a history of hypoglycemia, or have another condition for which fasting, dietary restriction, or exercise may present a risk.

I may recommend that you consult with your physician or another healthcare professional before continuing with a particular coaching recommendation.

I reserve the right to decline, pause, modify, or discontinue coaching services when I reasonably believe that coaching is not appropriate for your circumstances or that you require a level of medical care outside the scope of my coaching services.

5. Fasting Disclaimer

Some Vital Rhythm Wellness programs and educational materials may discuss intermittent fasting, time-restricted eating, longer fasting periods, metabolic flexibility, or other fasting practices.

Fasting is not appropriate for everyone.

Any fasting information provided through Vital Rhythm Wellness is educational and should not be interpreted as a medical prescription or individualized medical treatment.

You are responsible for determining, with appropriate medical guidance when necessary, whether fasting is appropriate for you.

You agree to stop fasting and seek appropriate medical attention if you experience concerning or severe symptoms.

Nothing on this website guarantees that fasting will produce weight loss, metabolic changes, hormonal changes, or any other particular health outcome.

6. Nutrition and Supplementation

Nutrition information provided through Vital Rhythm Wellness is intended as general education and individualized wellness coaching within the scope of the services offered.

Any discussion of vitamins, minerals, herbs, supplements, or other products is educational and does not constitute a prescription or guarantee that a particular supplement is appropriate for you.

You are responsible for reviewing potential interactions, contraindications, allergies, and other risks with an appropriately licensed healthcare professional.

You should not discontinue, modify, or substitute prescription medications or medical treatment based on information provided through Vital Rhythm Wellness.

7. Individual Results Will Vary

Health, wellness, body composition, energy, digestion, sleep, hormonal patterns, fitness, and other outcomes vary significantly between individuals.

I do not guarantee:

- Weight loss;
- Fat loss;
- Muscle gain;
- Changes in body composition;
- Improved digestion;
- Improved energy;
- Improved sleep;
- Changes in menstrual cycles;
- Hormonal changes;
- Improved metabolic markers;
- Resolution of symptoms;
- Prevention or treatment of disease; or

- Any other specific health outcome.

Any testimonials, examples, photographs, transformations, or statements regarding results represent individual experiences and are not guarantees of what you will experience.

Your results depend on numerous factors, including your health history, genetics, consistency, environment, lifestyle, nutrition, sleep, stress, activity level, and other factors outside my control.

8. Your Responsibilities as a Client

If you participate in coaching, you agree to:

- Provide information that is reasonably accurate and complete;
- Communicate relevant health and safety information;
- Ask questions when you do not understand a recommendation;
- Follow up with your healthcare providers when appropriate;
- Make your own informed decisions regarding your health;
- Take responsibility for your choices and actions;
- Follow safety instructions provided during coaching;
- Notify me of significant changes in your health or circumstances;
- Attend scheduled sessions or provide appropriate notice if you cannot attend; and
- Communicate honestly and respectfully.

You understand that coaching is a collaborative process and that I cannot make lifestyle changes on your behalf.

9. Coaching Relationship

Coaching is a collaborative relationship designed to help you identify goals, develop habits, increase accountability, explore lifestyle choices, and make sustainable changes.

Coaching does not guarantee that you will achieve a particular goal or result.

You remain responsible for your own decisions, actions, health, and wellbeing throughout and after the coaching relationship.

10. Services and Programs

Vital Rhythm Wellness may offer different services, programs, packages, digital products, educational resources, or coaching arrangements.

Specific services may have additional terms regarding:

- Program duration;
- Number and length of coaching sessions;
- Communication between sessions;

- Payment schedules;
- Cancellation policies;
- Refunds;
- Program access;
- Deliverables; and
- Other service-specific requirements.

Where additional written terms apply to a specific service, those terms will supplement these Terms.

If there is a conflict between these website Terms and a separate signed Coaching Agreement, the signed Coaching Agreement will control with respect to the coaching relationship.

11. Discovery Calls

Discovery calls are intended to determine whether Vital Rhythm Wellness services are an appropriate fit for you.

A discovery call does not create an obligation for either party to enter into a coaching relationship.

I reserve the right to decline a prospective client when I determine that my services are not an appropriate fit for their needs.

12. Scheduling and Appointments

Appointments may be scheduled through a third-party scheduling platform.

You are responsible for providing accurate contact information and selecting an appointment time that you can reasonably attend.

If you need to reschedule or cancel an appointment, please follow the cancellation and rescheduling procedures provided when booking.

Repeated missed appointments or late cancellations may result in the loss of the appointment or other consequences described in your applicable Coaching Agreement.

13. Payment

Payment is required according to the pricing and payment terms presented at the time of purchase or enrollment.

By submitting payment information, you represent that you are authorized to use the payment method provided.

You agree to pay all applicable fees associated with the services you purchase.

If you choose a payment plan, you remain responsible for all scheduled payments unless otherwise agreed to in writing.

Failure to make a required payment may result in suspension or termination of access to services.

14. Refunds and Cancellations

Refund and cancellation terms may vary depending on the service or program purchased.

Unless a separate written agreement states otherwise, fees paid for coaching services are not automatically refundable simply because you choose not to participate, do not complete the program, or do not achieve your desired results.

Where applicable, cancellation and refund policies will be disclosed before purchase.

Nothing in these Terms is intended to waive or limit any consumer rights or remedies that cannot legally be waived under applicable law.

15. No Guarantee of Availability

I will make reasonable efforts to provide scheduled services; however, circumstances outside my reasonable control may occasionally require an appointment, program component, or service to be rescheduled.

Such circumstances may include illness, emergencies, technology failures, internet outages, natural disasters, travel disruptions, or other circumstances beyond my reasonable control.

I will make reasonable efforts to communicate with affected clients and provide an appropriate alternative where reasonably possible.

16. Website Content

The information on this website is provided for general educational and informational purposes.

I make reasonable efforts to provide useful and accurate information, but I do not guarantee that all information will always be complete, current, or error-free.

Health and wellness information evolves over time. Information provided on this website may become outdated or may not apply to your individual circumstances.

You should use your own judgment and consult appropriate professionals regarding decisions affecting your health.

17. Intellectual Property

Unless otherwise stated, the website and its contents are owned by or licensed to Vital Rhythm Wellness and are protected by applicable intellectual property laws.

This may include:

- Written content;
- Articles;
- Videos;
- Graphics;
- Logos;
- Branding;
- Course materials;
- Coaching worksheets;
- Guides;
- Downloadable resources;
- Programs;
- Educational frameworks;
- Photographs;
- Audio;
- Digital products; and
- Other original materials.

You may access and use materials provided to you for your personal, non-commercial use in connection with your coaching relationship.

You may not, without prior written permission:

- Copy or reproduce substantial portions of my materials;
- Sell or redistribute my materials;
- Publish my materials as your own;
- Create derivative commercial products from my materials;
- Teach my proprietary program as your own;
- Upload paid materials to public websites or file-sharing services; or
- Use my branding, logos, or proprietary materials for commercial purposes.

18. Personal Use Only

Coaching services and educational materials are provided for the individual who purchases them.

You may not share paid coaching sessions, program access, login credentials, course materials, or other proprietary resources with another person unless I expressly authorize you to do so.

19. Confidentiality

I respect the confidential nature of the coaching relationship.

I will handle information you provide according to my Privacy Policy and applicable law.

However, confidentiality cannot be guaranteed in circumstances where disclosure is legally required or otherwise permitted by law.

You should also understand that communications through email, text messaging, social media, video conferencing platforms, or other third-party technologies may carry privacy and security risks.

20. Testimonials and Reviews

If you voluntarily provide a testimonial, review, photograph, video, or other feedback about your experience, I will only use it for marketing purposes in accordance with any permission or authorization you provide.

I will not knowingly misrepresent your experience or fabricate testimonials.

Results described in testimonials are individual results and are not guarantees of future outcomes.

21. Third-Party Links and Services

This website may contain links to third-party websites, products, services, or resources.

These links are provided for convenience or informational purposes.

Vital Rhythm Wellness does not control and is not responsible for the content, accuracy, privacy practices, security, availability, or terms of third-party websites or services.

Your use of third-party services is subject to the terms and policies of those providers.

22. Social Media and Online Communities

If you participate in a Vital Rhythm Wellness online community, group, social media page, messaging group, or similar platform, you agree to communicate respectfully and avoid sharing another person's private information.

You should not publicly disclose another client's health information, personal circumstances, or private communications.

I reserve the right to remove participants from community spaces for harassment, discrimination, threats, inappropriate conduct, unauthorized promotion, privacy violations, or other behavior that compromises the safety or integrity of the community.

23. Prohibited Use

You agree not to use this website or my services to:

- Violate any applicable law;
- Attempt to gain unauthorized access to website systems;
- Interfere with website security or functionality;
- Upload malicious software;
- Copy or distribute proprietary materials without permission;
- Impersonate another person;
- Harass, threaten, or abuse me or other clients;
- Collect or misuse another person's personal information; or
- Engage in activity that could reasonably harm Vital Rhythm Wellness or another person.

24. Disclaimer of Warranties

To the fullest extent permitted by applicable law, the website and general educational content are provided on an “as is” and “as available” basis.

I do not warrant that:

- The website will always be available;
- The website will be error-free;
- Information will always be complete or current;
- The website will be free of harmful code or security vulnerabilities; or
- Any particular health, wellness, financial, or personal outcome will result from using the website or participating in coaching.

Nothing in these Terms is intended to exclude warranties or rights that cannot legally be excluded under applicable law.

25. Limitation of Liability

To the fullest extent permitted by applicable law, Vital Rhythm Wellness and Katherine Cobb will not be liable for indirect, incidental, consequential, special, exemplary, or punitive damages arising from or related to your use of the website or participation in coaching services.

This includes, to the extent permitted by law, losses arising from:

- Reliance on educational information;
- Failure to achieve a desired health or wellness outcome;
- Changes in health, weight, body composition, energy, digestion, sleep, hormones, or other personal outcomes;
- Your failure to disclose relevant health information;
- Your decisions regarding nutrition, fasting, exercise, supplements, or lifestyle;
- Third-party services or technology;
- Website interruptions; or
- Unauthorized access or security incidents beyond my reasonable control.

Nothing in these Terms is intended to exclude or limit liability that cannot legally be excluded or limited under applicable law, including liability arising from conduct for which such limitation is prohibited.

26. Indemnification

To the fullest extent permitted by applicable law, you agree to indemnify and hold harmless Vital Rhythm Wellness and Katherine Cobb from claims, liabilities, damages, losses, and reasonable expenses arising from your:

- Violation of these Terms;
- Misuse of the website;
- Unauthorized use of website content;
- Violation of another person's rights; or
- Intentional or unlawful conduct.

This provision does not require you to indemnify Vital Rhythm Wellness for its own conduct to the extent such indemnification is prohibited by applicable law.

27. Dispute Resolution

If a dispute arises between you and Vital Rhythm Wellness, the parties agree to first attempt in good faith to resolve the matter informally.

You may contact me using the information provided below and explain the nature of the dispute and the resolution you are seeking.

Nothing in this provision prevents either party from exercising rights or pursuing remedies that cannot legally be waived.

28. Governing Law

These Terms are governed by the laws of the **State of Texas**, without regard to conflict-of-law principles, except to the extent federal law or another mandatory applicable law provides otherwise.

Any legal action or proceeding that is permitted to proceed in court will be subject to the jurisdiction and venue requirements applicable under Texas law.

29. Severability

If any provision of these Terms is determined to be invalid, unlawful, or unenforceable, that provision will be interpreted to the maximum extent permitted by law, and the remaining provisions will remain in full force and effect.

30. No Waiver

My failure to enforce any provision of these Terms does not constitute a waiver of my right to enforce that provision in the future.

31. Changes to These Terms

I may update these Terms from time to time.

When I make changes, I will update the “Last Updated” date at the top of this document.

Your continued use of the website after updated Terms become effective constitutes acceptance of the revised Terms to the extent permitted by law.

Material changes to the terms governing an existing paid coaching relationship will not retroactively alter that relationship unless otherwise permitted by the applicable agreement or law.

32. Entire Agreement

These Terms, together with the Privacy Policy and any applicable Coaching Agreement, purchase terms, program-specific terms, or other written agreement between you and Vital Rhythm Wellness, constitute the agreement governing your use of the website and applicable services.

If you enter into a separate written Coaching Agreement, that agreement will control over these website Terms to the extent of any conflict concerning the coaching relationship.

33. Contact

Questions regarding these Terms may be directed to:

Vital Rhythm Wellness

Owner: Katherine Cobb

Email: workwithcoachkat@gmail.com

Website: www.vitalrhythmwellness.com

Location: Texas, United States

34. Acceptance of Terms

By accessing this website, booking a discovery call, purchasing services, enrolling in a coaching program, or otherwise using Vital Rhythm Wellness services, you acknowledge that you have read, understood, and agree to these Terms & Conditions.

If you do not agree to these Terms, you should not use the website or purchase or participate in Vital Rhythm Wellness services.

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