

Health & Fitness Disclaimer

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ReInvent offers fitness, nutrition, and habit information and tracking tools for educational and informational purposes only. Please read this disclaimer carefully before relying on anything in the app.

Not medical advice

ReInvent is not a medical device and does not provide medical, diagnostic, dietetic, or professional health advice. Nothing in the app is intended to diagnose, treat, cure, or prevent any condition, or to be a substitute for the advice of your physician, registered dietitian, or other qualified health professional.

Calorie and macronutrient targets, training suggestions, muscle-freshness readings, and insights are estimates generated from information you enter and from published, general-purpose formulas. They are not a personalized or professionally reviewed plan, and individual results vary.

Muscle freshness in particular describes the sets you logged — it is not a readiness score, a fitness-to-train assessment, or any indication of injury or its absence. It is worked out by a published method scaled to general recovery timeframes from the research, but the fade rate used for each muscle is our own default, not a published figure, and you can change it. Soreness, pain, or anything that feels wrong is a matter for you and a qualified professional, not for this app.

Consult a professional first

Talk to a qualified healthcare professional before starting, changing, or stopping any exercise or nutrition program — especially if you are pregnant or nursing, are under 18, are elderly, or have (or suspect you may have) any medical condition, injury, allergy, or dietary restriction, or take medication.

Assumption of risk

Physical exercise carries inherent risks, including the risk of injury, and no amount of app design can remove that risk. By using ReInvent and performing any activity you find in it, you voluntarily and knowingly assume those risks. To the fullest extent the law allows, you release us from claims for injury or loss arising from ordinary negligence in how we designed, described, or presented the app's content. This does not release claims for gross negligence, recklessness, or intentional misconduct, which the law does not allow us to disclaim. Warm up appropriately, use correct form, use suitable equipment, and work within your own limits.

Stop exercising and seek medical help immediately if you feel faint, dizzy, short of breath, or experience pain or discomfort. **If you think you are having a medical emergency, call your local emergency number**

right away — do not rely on the app.

Nutrition data is approximate

Food and nutrition values come from public databases (such as USDA FoodData Central and Open Food Facts), from manufacturer labels you scan, and from entries you or other users create. These may be incomplete or inaccurate. Do not rely on ReInvent for decisions where precise nutrition data is medically necessary (for example, managing a medical condition or a severe allergy).

How the exercise content was written

Most of the written content in the exercise catalog — descriptions, coaching cues, common mistakes, benefits, and limitations — was drafted by an artificial-intelligence model during development, working from photographs of each movement and from published research. It was screened automatically against the health-claim rules behind this disclaimer before it shipped, but it was not written or reviewed by a health professional.

Read it as informed enthusiast writing rather than professional instruction. An AI model can be confidently wrong, including about which muscles a movement trains or how it is best performed. Where a published source supports a specific claim, the app names that source on the exercise page; anything not marked that way is the model's own reading of the movement.

As ReInvent earns revenue, we intend to have qualified health and fitness professionals review this content and replace what needs replacing, and each exercise page shows whether that review has happened yet. That is a statement of intent, not a commitment to a timeline or a particular outcome.

Your relationship with food and body

Calorie and weight tracking is not right for everyone and can be harmful for people with a history of disordered eating. ReInvent includes an optional eating-disorder-safe mode that softens numeric emphasis; you can enable it in your profile settings. If tracking is negatively affecting your mental or physical health, please stop and reach out to a qualified professional or a trusted support line.

No guaranteed results and contact

We make no guarantee about fitness, weight, health, or performance outcomes from using ReInvent. To the fullest extent permitted by law, we disclaim liability for any loss or injury arising from your use of the information or tools in the app; this disclaimer is incorporated into, and limited by, the Terms of Use.

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