

Terms and Conditions for the Weight Watchers Program at Northrop Grumman

- 1 Acknowledge that I assume all risks in my participation in the Weight Watchers Plans.
2. Release and agree to indemnify Northrop Grumman, its affiliated entities and their respective employees, agents, officers, directors, shareholders (hereafter collectively referred to as “Released Parties”) and anyone associated or affiliated with these institutions from any and all liability, loss damage, expense, or cost of any kind of nature whatsoever, any and all claims for property damage, personal injury and/or any other claims arising from my participation in the program, including claims that are known or unknown, foreseen or unforeseen.
3. Covenant that I shall not now or at any time in the future, directly or indirectly, commence or prosecute any action, suit, or other proceeding against any of the Released Parties arising out of, relating to, or in connection with the actions, causes of action, claims and demands hereby waived, released or discharged by me.
4. Attest that I am aware of the extent of any dietary modifications and physical exercise that might be associated with the Weight Watchers plans and that I am physically fit to participate; and
5. Attest that I am voluntarily participating in the Weight Watchers plans for my personal reasons and benefits and my participation is not required by my employer, nor is my participation work-related in any aspect.

You should consult with your doctor or healthcare professional prior to participating in any wellness program or physical activity if you have any concerns about your health and/or your suitability to start a wellness program. If you experience any adverse effect as a result of your participation in any of the Weight Watchers plans, you should discontinue the plan immediately and consult your doctor or healthcare professional.