



ZERO TOLERANCE FOR BODY BASHING

Our pledge:

- Big Bag Training has zero tolerance for body shaming or bashing
- Yes, this includes comments about your own body
- We hold everyone accountable in maintaining a supportive environment
- I appreciate your cooperation in advance

You deserve a safe and welcoming gym environment, free from body shaming or bashing of any kind.

If you are struggling with your own body image, please feel free to share with me before or after your session or via email/text message, and I will be available to support you and guide you towards helpful resources.

With thanks and credit to Girls Gone Strong