

# Wellness & Nutrition

Our team counsels members of the health club, boutique fitness, industry supplier, and wellness community in a wide array of legal and business matters. Our experience includes issues involving employment agreements (including non-competes), raising capital, personal injury claims and litigation, intellectual property and idea protection, data privacy, as well as compliance with various federal, state, and local laws. Industry leaders rely on our attorneys' ability to handle transactional and risk-related issues unique to this community.

## Firm News

Amundsen Davis Attorneys Included in the 2023 Illinois Super Lawyers and Rising Stars List  
Firm News, *Amundsen Davis*, January 23, 2023

## In the Media

Max Goodman Included in *ClubSolutions'* "107 Ideas: The Ultimate Guide to Your Gym Business"  
Media Mention, *ClubSolutions*, May 3, 2022

Max Goodman Quoted by *ClubSolutions* on "The Virtual Realm of Risk Management"  
*ClubSolutions*, January 3, 2022

Max Goodman Interviewed About Gym Waivers by *WaiverSign*  
Media Mention, *WaiverSign*, November 13, 2021

Mitigating and Assessing Risk in Your Studio -- Max Goodman's Featured by Boutique Fitness Solutions  
Media Mention, *Boutique Fitness Solutions*, April 23, 2021

## Alerts

Liability Waivers: A Gym Owner's Shield Against Lawsuits  
*Amundsen Davis Commercial Litigation Alert*, August 6, 2020

Top 3 Initial Legal Issues New Boutique Fitness Studio Owners Face  
*Amundsen Davis Alert*, November 26, 2019

## PROFESSIONALS

Max Goodman  
Partner

## Events

### Lawsuit-Proofing Your Business

Speaking Engagement, The Hatchery Chicago; Webcast, July 28, 2022

### How a Properly Worded Waiver & the Right Insurance Can Protect Your Business

Speaking Engagement, WaiverSign, Webcast, June 2, 2022

### Top 5 Virtual Fitness Legal Risks: Expanding your Gym's Digital Offerings Without Inviting Lawsuits

Club Solutions Magazine: Webcast, May 18, 2021

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