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JoAnn M. Eickhoff-Shemek, Ph.D., FACSM, FAWHP, professor emeritus of exercise science at the University of South Florida and president of the Fitness Law Academy, LLC, is an internationally known author and speaker. For more than 35 years, her teaching and research have focused on fitness safety, legal liability and risk management issues. Dr. Eickhoff-Shemek is the lead author of the textbook *Law for Fitness Managers and Exercise Professionals* and co-author of another textbook, *Rule the Rules of Workplace Wellness Program*, published in 2020 and 2021, respectively. She currently serves as the fitness safety columnist for *ACSM's Health & Fitness Journal*.