

Privacy policy

1. Introduction

- 1.1 We are committed to safeguarding the privacy of our website visitors. This policy will provide an explanation of how we will treat or use your personal information.
- 1.2 By using our website you are agreeing to this policy including the consent to our use of cookies in accordance of this policy.
- 1.3 By downloading free content or signing up for communications on this website, you consent to receive emails including marketing content. You may unsubscribe at any time by using the “unsubscribe” link at the bottom of the email.
- 1.4 In this policy, “we”, “us” and “our” refer to *Whole Body Nutrition and Fitness, LLC* For more information about us, see Section 14.

2. Credit

- 2.1 This document was created using a template from Docular (<https://seqlegal.com/free-legal-documents/privacy-policy>).

3. Collecting Personal Data

- 3.1 We may collect, store, and use the following personal data.
 - a) We may process data enabling us to get in touch with you. This may include your name, email address, and telephone number.
 - b) By providing your phone number you agree to SMS texting. You can opt out of this at any time. This information will not be shared with any third party unless required by law.
 - c) Any information you may provide while subscribing to our email notifications or newsletters including your name and email address.
 - d) Information about your computer and about your visits to and use of this website including your geographical location, IP address, browser type and version, operating system, length of visit, referral source, page reviews and website navigation paths.
 - e) Information relating to any purchases you make via this website including goods and services or any other transactions that you enter into through our website including your name, telephone number, address, email address, and credit card details.
 - f) Information that you post to our website for publication on the internet including your username, your profile pictures, and the content of your posts.

- g) Information related to or contained in any communication that you send to us through our website including the metadata and communication content associated with the communication.
- h) Any other personal information you choose to send us.

3.2 SMS Marketing Policy

- a) We collect your phone number only when you voluntarily provide them to us. Example: Clicking the “Book Now” page will take you to a page to add in your phone number.
- b) A mobile user may opt in by: Entering a phone number online, sending a mobile originating message, filling out a paper form that includes their phone number.
- c) Your phone number is primarily used to provide you with personalized services and updates.
- d) Opting out of Messages. If at any time you wish to stop receiving SMS messages from us, you can opt out by replying “STOP”. Please note this can take up to 10 business days to become effective. You may still receive messages during this time.
- e) Once you have opted out, we will no longer send you SMS messages nor will we transfer your number to any third parties.
- f) Updates to this policy may occur periodically. We will notify you of significant changes in the way we treat your information by placing a prominent notice on our site.
- g) Your consent for SMS messages or your phone number will not be shared with any third parties.

4. Use of Personal Information

4.1 Personal information or data submitted through our website will be used for the specified purposes in this policy or on the relevant pages of this website.

4.2 We may use your personal information or data to:

- a) operating our website and business
- b) enable your use of services available on our website
- c) personalize our website for you
- d) supplying goods or services purchased through our website to you
- e) send statements, invoices and payment reminders to you

- f) Collect payments from you
 - g) Send you non-marketing communications
 - h) Send you email notifications at your specific request
 - i) Send you our email newsletter, if you have requested it (this can be cancelled at any time if you no longer desire the newsletter)
 - j) Send you marketing communications relating to our business where you have specifically agreed to this by email or similar technology (you can inform us at any time if you no longer would like to have out marketing communications)
 - k) Deal with inquiries and complaints made by or about you regarding our website
 - l) To secure and prevent fraud on our website
 - m) Verify compliance with terms and conditions relating to the use of our website
- 4.3 If you provide or submit personal information or publication on our website, we will publish and use that information in accordance with the license you grant us

- 4.4 Your privacy settings can be adjusted and limited on our website by using the privacy controls
- 4.5 All of our financial transactions on our website are handled through our payment services provider, Stripe. You can review their policy at <https://stripe.com>.

5. Providing your personal data to others

- 5.1 We may disclose your personal data to our employees, officers, insurers and/or professional advisers, subcontractors insofar as reasonably necessary for the purposes set out in this policy.
- 5.2 We may disclose your personal information:
- a) When required to do so by law
 - b) In connection with any prospective or ongoing legal proceedings
 - c) In order to exercise, defend or establish our legal rights including providing information to others for the purposes of fraud prevention and reducing credit risk

6. International transfers of your personal data

- 6.1 Information we collect may be stored and processed in and transferred between any of the countries in which we operate in order to use the information in accordance with this policy

6.2 Personal data that you publish on our website or submit for publication on our website may be available via the internet around the world. We cannot prevent the use or misuse of this information by others.

6.3 You expressly agree to the transfer of personal data described in Section 6 of this policy.

7. Retaining and deleting personal data

7.1 This Section 7 sets out our data retention policies and procedures, which are designed to help ensure that we comply with our legal obligations in relation to the retention and deletion of personal data.

7.2 Personal data that we process for any purpose or purposes shall not be kept for longer than is necessary for that purpose or those purposes.

7.3 Notwithstanding the other provisions of this Section 7, we may retain your personal data where such retention is necessary for compliance with a legal obligation to which we are subject, or in order to protect your vital interests or the vital interests of another natural person.

8. Security of Personal Data

8.1 We will take reasonable technical and organizational precautions to prevent the loss, alteration, or misuse of your personal information.

8.2 All electronic financial transactions through our website will be protected by encryption technology

8.3 You acknowledge that the transmission of data over the internet is inherently insecure, and we cannot guarantee the security of data sent via the internet.

8.4 You are responsible for keeping the password you use for accessing our website confidential, we will not ask you for your password (except when logging into our website)

9. Your rights

9.1 In this Section, we have listed the rights that you have under data protection law.

9.2 Your principal rights under data protection law are:

- (a) **the right to access** - you can request copies of your personal data which will require a fee of 30USD and requires appropriate evidence of your identity (accepted evidence: photocopy of your passport certified by a solicitor or bank plus an original utility bill showing current address)

9.3 We may withhold requested personal information to the extent permitted by law.

9.4 You may request us at any time not to process your personal data for marketing purposes

9.5 You will either expressly agree in advance to our use of your personal data for marketing purposes or we will provide you with an option to opt out do the use of your personal data for marketing purposes.

11. Third Party websites

11.1 Our website includes hyperlinks to and details of third-party websites

11.2 We are not responsible, nor do we have control over the privacy policy of third parties

11. About cookies

11.1 A cookie is a file containing an identifier (a string of letters and numbers) that is sent by a web server to a web browser and is stored by the browser. The identifier is then sent back to the server each time the browser requests a page from the server.

11.2 Cookies may be either "persistent" cookies or "session" cookies: a persistent cookie will be stored by a web browser and will remain valid until its set expiry date, unless deleted by the user before the expiry date; a session cookie, on the other hand, will expire at the end of the user session, when the web browser is closed.

11.3 Cookies may not contain any information that personally identifies a user, but personal data that we store about you may be linked to the information stored in and obtained from cookies.

12. Managing cookies

12.1 Most browsers allow you to refuse to accept cookies and to delete cookies. The methods for doing so vary from browser to browser and from version to version. You can obtain up-to-date information about managing cookies via these links:

- (a) <https://support.google.com/chrome/answer/95647> (Chrome);
- (b) <https://support.mozilla.org/en-US/products/firefox/privacy-and-security> (Firefox);
- (c) <https://help.opera.com/en/latest/security-and-privacy/> (Opera);
- (d) <https://support.apple.com/en-gb/guide/safari/welcome/mac> (Safari); and
- (e) <https://support.microsoft.com/en-gb/windows/microsoft-edge-browsing-data-and-privacy-bb8174ba-9d73-dcf2-9b4a-c582b4e640dd> (Edge).

[additional list items]

12.2 Blocking all cookies will have a negative impact upon the usability of many websites.

12.3 If you block cookies, you will not be able to use all the features on our website.

13. Amendments

13.1 We may update this policy from time to time by publishing a new version on our website.

13.2 You should check this page occasionally to ensure you are happy with any changes to this policy.

13.3 We may notify you of changes to this policy by email.

14. Our details

14.1 This website is owned and operated by Whole Body Nutrition and Fitness, LLC.

14.2 Our principal place of business is at 2518 N Lancaster Dr. Boise, ID. 83702

14.3 You can contact us:

- (a) by post, to the postal address given above;
- (b) by telephone, 208-991-2066; or
- (c) by email, at info@wholebodynutritionandfitness.com

