

# PRIVACY POLICY



## 1. Introduction

Welcome to PT Moll's website. By accessing or using this website, you agree to our policy. PT Moll is committed to protecting your privacy. This policy explains how we collect, use, and safeguard your personal information.

## 2. Information We Collect We may collect:

- Personal information: Name, email address, phone number.
- Health information relevant to fitness coaching.
- Website usage data via cookies.

## 3. How We Use Your Information - Your information is used to:

- Provide and manage services.
- Improve your experience on our site.
- Communicate updates, offers, or changes to services.

## 4. Sharing Your Information

We will never sell your personal information. We may share it with third parties only when necessary, such as payment processors or legal compliance.

## 5. Data Security

We take appropriate measures to protect your personal data from unauthorised access or disclosure.

## 6. Your Rights - You have the right to:

- Access, update, or delete your personal information.
- Opt-out of marketing communications.

## 7. Cookies

Our site uses cookies to enhance user experience. You can control cookie preferences through your browser settings.

## 8. Changes to This Policy

We may update this privacy policy as needed.

## 9. Contact Us

For questions or concerns about your data, please contact us at: [Insert contact details].

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