



## Privacy Policy

Effective Date: October 23, 2023

At More Than Fitness, your privacy and data security are of utmost importance to us. This Privacy Policy outlines our commitment to **safeguarding** your personal information. Please read this policy carefully to understand how we collect, use, and protect your data.

### 1. Information We Collect

We collect various types of information to provide you with the best possible fitness and nutrition coaching, personal training, and group fitness instruction services. The information we collect includes, but is not limited to:

- a. Personal Information: Name, contact information, age, gender, and other demographic details.
- b. Health and Fitness Data: Information about your health, fitness goals, dietary preferences, and other relevant health and fitness information.
- c. Payment Information: We collect and process payment details, including credit card information, when you engage in paid services or make purchases through our website.
- d. Photographs and Videos: Photos or videos taken during group fitness classes, online classes, bootcamps, programs, or challenges may be collected and used as described in this policy.

### 2. Use of Photographs and Videos

Pictures and videos taken or posted by members during any group fitness class, online class, bootcamp, program, or challenge may be used in the following ways:

- a. Newsletter: We may feature images and videos of our members in our newsletters.
- b. Social Media: We may share images and videos on our social media platforms for promotional and motivational purposes.
- c. Website: Some photos and videos may be featured on our website to showcase the More Than Fitness community.
- d. Upcoming Promotions: Images and videos may be used in our promotional materials for upcoming events, challenges, or programs.

### 3. Opt-Out

If you do not wish for your photos or videos to be used in any of the ways described above, you have the option to opt-out. To do so, please contact us at [coachingmtf@gmail.com](mailto:coachingmtf@gmail.com) and request a waiver. Once a waiver is signed, we will not use your photos or videos for the specified purposes.

### 4. Data Security

We take data security seriously. We use industry-standard measures to protect your personal information and photos or videos collected during classes or events. However, no method of



transmission over the internet or electronic storage is completely secure. Therefore, we cannot guarantee the absolute security of your information.

### **5. Third-Party Services**

Our website and services may contain links to third-party websites, applications, or services. Please note that this Privacy Policy only covers data collected by More Than Fitness. We encourage you to review the privacy policies of these third parties when using their services.

### **6. Changes to this Privacy Policy**

We reserve the right to modify this Privacy Policy to reflect changes in our practices, services, or legal requirements. Any changes will be effective upon posting an updated policy on our website.

### **7. Contact Information**

If you have any questions, concerns, or requests related to this Privacy Policy, please contact us at:

[coachingmtf@gmail.com](mailto:coachingmtf@gmail.com)

### **8. Consent**

By using our services and engaging with More Than Fitness, you consent to the terms outlined in this Privacy Policy.

Thank you for choosing More Than Fitness. We look forward to empowering women through fitness, nutrition, wellness, and accountability.