

# Privacy policy

## **What type of information do I collect?**

*I receive, collect and store any information you enter on my website or provide me in any other way. In addition, I collect the Internet protocol (IP) address used to connect your computer to the Internet; login; e-mail address; password; computer and connection information. I may use software tools to measure and collect session information, including page response times, length of visits to certain pages, page interaction information, and methods used to browse away from the page. I also collect personally identifiable information (including name, email and contact number), comments, feedback, product reviews, recommendations, and personal profile.*

## **How do I collect information?**

*When you sign up to my mailing list, as part of the process, I collect personal information you give us such as your name, address and email address. Your personal information will be used for the specific reasons stated above only.*

## **Purpose of collection personal information?**

*I collect such Non-personal and Personal Information for the following purposes:*

- 1. To provide and operate the Services;*
- 2. To provide my Users with ongoing customer assistance and technical support;*
- 3. To be able to contact my Visitors and Users with general or personalized service-related notices and promotional messages;*
- 4. To create aggregated statistical data and other aggregated and/or inferred Non-personal Information, which I may use to provide and improve our respective services;*
- 5. To comply with any applicable laws and regulations.*

## **How do I store, use, share and disclose site visitors' personal information?**

*My company is hosted on the Wix.com platform. Wix.com provides me with the online platform that allows us to sell my products and services to you. Your data may be stored through Wix.com's data storage, databases and the general Wix.com applications. They store your data on secure servers behind a firewall.*

## **Contact and Communication**

*I may contact you to notify you regarding your account, to troubleshoot problems with your account, to resolve a dispute, to collect fees or monies owed, to poll your opinions through surveys or questionnaires, to send updates about my company, or as otherwise necessary to contact you to enforce our User Agreement, applicable national laws, and any*

*agreement I may have with you. For these purposes I may contact you via email, telephone, text messages, and postal mail.*

## **Cookies**

Cookies are implemented in every site built by Wix. Take a look at the table below to view which cookies Wix implements on Wix sites:

<b>Cookie name</b>	<b>Life span</b>	<b>Purpose</b>
svSession	Permanent	Creates activities and BI
hs	Session	Security
incap_ses_\${Proxy-ID}_\${Site-ID}	Session	Security
incap_visid_\${Proxy-ID}_\${Site-ID}	Session	Security
nlbi_{ID}	Persistent cookie	Security
XSRF-TOKEN	Persistent cookie	Security
smSession	Two weeks	Identify logged in site members

## **Withdrawing your consent?**

*If you don't want me to process your data anymore, please contact Emma at [corehealthandfitness15@gmail.com](mailto:corehealthandfitness15@gmail.com)*

## **Privacy policy updates**

*We reserve the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If we make material changes to this policy, we will notify you here that it has*

*been updated, so that you are aware of what information we collect, how we use it, and under what circumstances, if any, we use and/or disclose it.*

### **Questions and your contact information**

*If you would like to: access, correct, amend or delete any personal information we have about you, you are invited to contact Emma at [corehealthandfitness15@gmail.com](mailto:corehealthandfitness15@gmail.com).*