

PRIVACY POLICY

Updated: October 2025

Website: www.getstrongfitandhappy.com

Company: Cobb Alexander Limited is registered in England & Wales No: 5631589.

Introduction

Your privacy is important to us. This Privacy Policy explains how Cobb Alexander Limited ("we", "our", "us") collects, uses, and protects your personal information when you visit or interact with our website www.getstrongfitandhappy.com and all related Websites, pages, applications, services, products, Facebook groups and tools (together the "Website").

It does not cover the third-party Websites that you can link to from the Website so you should always be aware when you are moving to another Website and read the terms and conditions on that Website.

By visiting or using the website, you agree to this policy.

Information We Collect

We may collect and process the following information:

- Personal details you provide (e.g. name, email address, telephone number) when you complete a form, request information, or book a coaching session.
- Technical data such as IP address, browser type, and browsing behaviour (via cookies or analytics tools).

How We Use Your Information

We use your information to:

- Respond to enquiries and provide requested services.
- Send resources or updates you have requested.
- Manage coaching bookings and client communication.
- Improve website performance and user experience.

We do not sell or rent your information to third parties.

Cookies and Tracking

Our Website may use cookies or similar tracking tools to improve functionality and analyse traffic. You can adjust your browser settings to refuse cookies if you prefer.

Data Storage and Security

We take appropriate steps to safeguard your data, using secure systems to prevent unauthorised access, alteration, or disclosure.

Your Rights (GDPR)

Under the UK General Data Protection Regulation (GDPR), you have the right to:

- Access the personal data we hold about you.
- Request correction or deletion of your data.
- Withdraw consent for communication at any time.

To exercise these rights, please contact us at info@getstrongfitandhappy.com.

7. Data Retention

We retain personal data only as long as necessary to provide our services and comply with legal obligations.

8. Updates to This Policy

We may update this Privacy Policy occasionally. The latest version will always be available on our website.

Contact Details

If you require assistance, please email info@getstrongfitandhappy.com