

Privacy Policy

1. Introduction

Welcome to Marnelle Botha (trading as My Wellness 365) ("we," "us," or "our"). We are committed to protecting your privacy and ensuring the security of your personal information. This Privacy Policy explains how we collect, use, disclose, and protect your information when you use our services, whether online or in person.

2. Information We Collect

We may collect the following types of information:

- **Personal Identification Information:** Name, email address, phone number, and physical address.
- **Health Information:** Information about your health, fitness levels, and medical history relevant to the services we provide.
- **Payment Information:** Credit card details or other payment information.
- **Usage Data:** Information about how you use our website, including IP address, browser type, and operating system.

3. How We Use Your Information

We use your information for the following purposes:

- **To Provide Services:** To create personalized training and nutrition plans, schedule sessions, and provide ongoing support.
- **To Process Payments:** To process transactions and manage your account.
- **To Communicate:** To send you updates, newsletters, and other information related to our services.
- **To Improve Our Services:** To analyse usage data and feedback to enhance our offerings.

4. How We Protect Your Information

We implement a variety of security measures to maintain the safety of your personal information. These measures include encrypted databases, secure servers, and restricted access to your information by authorized personnel only.

5. Sharing Your Information

We do not sell, trade, or otherwise transfer your personal information to outside parties except as described below:

- **Service Providers:** We may share your information with third-party service providers who assist us in operating our business and providing our services, as long as they agree to keep your information confidential.
- **Legal Requirements:** We may disclose your information if required by law or in response to valid requests by public authorities.

6. Your Rights

You have the following rights regarding your personal information:

- **Access:** You have the right to request access to your personal information.
- **Correction:** You have the right to request that we correct any inaccuracies in your information.
- **Deletion:** You have the right to request the deletion of your personal information.
- **Objection:** You have the right to object to the processing of your personal information for certain purposes.

To exercise any of these rights, please contact us at info@mywellness365.com.

7. Cookies and Tracking Technologies

We use cookies and similar tracking technologies to enhance your experience on our website. You can control the use of cookies through your browser settings.

8. Third-Party Links

Our website may contain links to third-party websites. We are not responsible for the privacy practices of these websites. We encourage you to read the privacy policies of any linked websites you visit.

9. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Any changes will be posted on this page with an updated effective date. Your continued use of our services after any changes signifies your acceptance of the updated Privacy Policy.

10. Contact Us

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

Marnelle Botha (trading as My Wellness 365)

info@mywellness365.com

Cell: +352 661205 986

By using our services, you acknowledge that you have read and understood this Privacy Policy and agree to our collection, use, and disclosure of your personal information as described herein.