

Privacy Policy

Effective Date: 9/26/2025

This Privacy Policy explains how Jam Fit LLC dba Your Movement Solutions (“we,” “our,” or “us”) collects, uses, and protects information when you contact us by phone, text message, or through any related marketing activities.

1. Information We Collect

When you call, text, or otherwise interact with us, we may collect:

Your name and contact details (such as phone number or email).

Information you provide in calls, texts, or forms.

Technical details such as call time, date, and duration.

2. How We Use Information

We use the information collected to:

Respond to inquiries and provide services.

Share updates, offers, and marketing messages related to our services.

Improve our customer experience.

3. Text Messaging & Marketing

By providing your phone number, you agree that we may contact you by text message or phone call for marketing and service purposes. Message and data rates may apply. You may opt out of receiving messages at any time by replying “STOP” to a text message or by contacting us directly.

4. Florida Telemarketing Disclaimer

In accordance with the Florida Telemarketing Act (Fla. Stat. § 501.059):

We do not use automated systems, prerecorded messages, or autodialers to contact Florida residents without prior express written consent.

We do not contact Florida residents before 8:00 a.m. or after 8:00 p.m., local time.

We comply with both the National Do Not Call Registry and the Florida Do Not Call List. If your number appears on either, we will not contact you for telemarketing purposes.

5. Sharing of Information

We do not sell, rent, or trade your personal information. We may share limited information only when required by law or to protect our legal rights.

6. Data Security

We take reasonable measures to protect your information from unauthorized access, use, or disclosure.

However, no system is completely secure, and we cannot guarantee absolute security.

7. Your Privacy Choices

You may opt out of marketing messages at any time.

You can request access, correction, or deletion of your personal information by contacting us.

8. Children’s Privacy

Our services are not directed to children under the age of 13. We do not knowingly collect information from children.

9. Changes to This Policy

We may update this Privacy Policy from time to time. Updates will be posted with a revised “Effective Date.”

10. Contact Us

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

Your Movement Solutions

4140 Whidden Blvd Unit E Port Charlotte, FL 33980

yourmovementsolutions@gmail.com

