

# Privacy Policy

## 1. Introduction

At Meeks Fitness, we are committed to protecting your privacy. This Privacy Policy outlines how we collect, use, and protect your personal information. By using our services, you agree to the terms of this policy.

## 2. Information We Collect

- **Personal Information:** We may collect personal information such as your name, email address, phone number, and payment details when you sign up for our services.
- **Health and Fitness Data:** We may collect information related to your health and fitness, including workout routines, nutrition plans, and progress tracking.
- **Usage Data:** We collect data on how you use our services, including your interactions with our website and app.

## 3. Use of Information

- **Service Improvement:** We use your information to improve our services, personalize your experience, and provide customer support.
- **Communication:** We may use your contact information to send you updates, newsletters, and promotional materials. You can opt-out of these communications at any time.
- **Health and Fitness Guidance:** We use your health and fitness data to provide personalized recommendations and guidance.

## 4. Data Protection

- **Security Measures:** We implement appropriate security measures to protect your personal information from unauthorized access, disclosure, or alteration.
- **Data Retention:** We retain your personal information for as long as necessary to provide our services and comply with legal obligations.

## 5. Sharing of Information

- **Third-Party Service Providers:** We may share your information with third-party service providers who assist us in delivering our services. These providers are required to protect your information and use it only for the purposes we specify.
- **Legal Requirements:** We may disclose your information if required by law or in response to legal requests.

## 6. Limitation of Liability

- Meeks Fitness is not responsible for any injuries or health issues that may result from the use of our services. You assume full responsibility for your actions.
- We are not liable for any direct, indirect, incidental, or consequential damages arising from the use of our services.

## 7. Changes to Privacy Policy

- Meeks Fitness reserves the right to update or modify this Privacy Policy at any time without prior notice. Your continued use of our services constitutes acceptance of the updated policy.

## 8. Contact Information

- If you have any questions or concerns about this Privacy Policy, please contact us at [fitnessmeeks@gmail.com](mailto:fitnessmeeks@gmail.com).