

Terms and Conditions

1. Introduction

Welcome to Meeks Fitness. By accessing or using our services, you agree to comply with and be bound by the following terms and conditions. Please read them carefully.

2. Health and Fitness Disclaimer

- Meeks Fitness provides information and guidance on fitness and nutrition. However, we are not a medical organization, and our advice should not be taken as medical advice.
- Always consult with a healthcare professional before starting any fitness program or making any changes to your diet.
- 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.

3. Limitation of Liability

- Meeks Fitness, its employees, and affiliates are not liable for any direct, indirect, incidental, or consequential damages arising from the use of our services.
- This includes, but is not limited to, damages for loss of data, profit, or any other intangible losses.

4. Data Privacy

- We are committed to protecting your privacy. Any personal information you provide to us will be used in accordance with our Privacy Policy.
- We collect and use your data to improve our services and provide a better user experience. This may include using cookies and similar technologies.
- We do not sell or share your personal information with third parties without your consent, except as required by law.

5. Changes to Terms and Conditions

- Meeks Fitness reserves the right to update or modify these terms and conditions at any time without prior notice. Your continued use of our services constitutes acceptance of the updated terms.

6. Governing Law

- These terms and conditions are governed by and constructed in accordance with the laws of the United States/Mississippi. Any disputes arising from these terms will be subject to the exclusive jurisdiction of the courts of the United States/Mississippi.

7. Contact Information

- If you have any questions or concerns about these terms and conditions, please contact us at fitnessmeeks@gmail.com.