



Privacy Policy

LG Fitness Coach is operated by Lauren Gregory ("LG Fitness Coach", "I", "we", "us", "our").

This Privacy Policy sets out the basis on which any personal data we collect from you, or that you provide to us, will be processed by us. Please read the following carefully to understand our views and practices regarding your personal data and how we will treat it.

For the purpose of the General Data Protection Regulation, and any subsequent data protection legislation, the data controller is LG Fitness Coach.

Questions, comments and requests regarding this Privacy Policy are welcomed and should be addressed to: hello@laurengregorypt.com

The type of information we collect

We receive, collect and store any information you enter on our website or provide us in any other way. In addition, we collect the Internet protocol (IP) address used to connect your computer to the Internet; login; e-mail address; password; computer and connection information and purchase history. We may use software tools to measure and collect session information, including page response times, length of visits to certain pages, page interaction information, and methods used to browse away from the page. We also collect personally identifiable information (including name, email, communications); payment details (including payment method), comments, feedback, product reviews, recommendations, and personal profile.

How we collect information

When you conduct a transaction on our website, as part of the process, we collect personal information you give us such as your name, address and email address. Your personal information will be used for the specific reasons stated above only.

We collect such Non-personal and Personal Information for the following purposes:

- 1.To provide and operate the Services;
- 2.To provide our Users with ongoing customer assistance and technical support;
- 3.To be able to contact our Visitors and Users with general or personalized service-related notices and promotional messages;
- 4.To create aggregated statistical data and other aggregated and/or inferred Non-personal Information, which we or our business partners may use to provide and improve our respective services;
- 5.To comply with any applicable laws and regulations.

Our company is hosted by Squarespace which provides us with an online platform that allows us to sell our products and services to you. Your data may be stored through Squarespace's data storage, databases and its applications. They store your data on secure servers behind a firewall.

All direct payment gateways offered by Squarespace.com and used by our company adhere to the standards set by PCI-DSS as managed by the PCI Security Standards Council, which is a joint effort of brands like Paypal, Visa, MasterCard, American Express and Discover. PCI-DSS requirements help ensure the secure handling of credit card information by our store and its service providers.

How we communicate with our site visitors

We may contact you to notify you regarding your account, to troubleshoot problems with your account, to resolve a dispute, to collect fees or monies owed, to poll your opinions through surveys or questionnaires, to send updates about our company, or as otherwise necessary to contact you to enforce our User Agreement, applicable national laws, and any agreement we may have with you. For these purposes, we may contact you via email, telephone, text messages, and postal mail.





Privacy Policy cont.

Website Links

Our site may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this Privacy Policy. You should exercise caution and read the Privacy Policy applicable to the website in question before proceeding to use that website.

Disclosure of your personal data

We may share your information with selected third parties including:

- Business partners, suppliers and sub-contractors for the performance of any contract we enter into with them or you.
- Analytics and search engine providers that assist us in the improvement and optimisation of our site.
- in the event that we sell, buy or merge any business or assets, including to the prospective seller or buyer of such business or assets and their respective professional advisers

We may disclose your personal information if we are under a duty to disclose or share your personal data in order to comply with any legal obligation, or in order to enforce or apply our terms of use or terms and conditions of sale and other agreements; or to protect the rights, property, or safety of LG Fitness Coach our clients or others. This includes exchanging information with other companies and organisations for the purposes of fraud protection and credit risk reduction.

Storage and transfers

Your personal data is kept for as long as it is necessary for the purposes for which it was collected. Therefore, after this period data is destroyed, erased or anonymised. In order to provide our services and the website, any personal data that we obtain may be transferred to and stored by a third party at a locality inside or outside the UK or the European Economic Area (EEA), including in a country where the law provides less protection for personal data. If we transfer personal data to a third party outside of the UK or EEA, we will, as required by applicable law, ensure that your privacy rights are protected by appropriate safeguards to ensure that your data is treated securely and in accordance with this privacy policy. In particular, appropriate data protection is provided by an agreement entered into by us containing the model clauses which permit such transfer. You can find a link to the model clauses at https://ec.europa.eu/info/law/law-topic/data-protection/data-transfers-outside-eu/model-contracts-transfer-personal-data-third-countries_en

Please contact us if you would like more information about these safeguards.

Your rights

Applicable data privacy laws may give rights to individuals in respect of personal data that organisations hold about them, for example to:

- request a copy of the personal data that we hold about them;
- object to the processing of their personal data; or
- request that we rectify, delete or limit the processing of their personal data.





Privacy Policy cont.

Your Cookies Statement

When you visit LG Fitness Coach website, Squarespace uses cookies, which are small pieces of information that allow us to maintain your connection to the website. The website may use cookies for detecting what kind of device you have in order to present content in the best way.

Google Analytics

This website uses Google Analytics, a web analytics service provided by Google, Inc. ('Google'). Google Analytics uses cookies (text files placed on your computer) to help the website operators analyse how users use the site. The information generated by the cookie about your use of the website (including your IP address) will be transmitted to and stored by Google on servers in the United States. Google will use this information for the purpose of evaluating your use of the website, compiling reports on website activity for website operators and providing other services relating to website activity and internet usage. Google may also transfer this information to third parties where required to do so by law, or where such third parties process the information on Google's behalf. Google will not associate your IP address with any other data held by Google. By using this website, you consent to the processing of data about you by Google in the manner and for the purposes set out above.

Sharing tools

This website uses sharing tools. Sharing tools allow you to share content through social networks such as Facebook or Twitter. When you use one of these buttons, the social networking site may place a cookie on your computer. This would be a third-party cookie set by the social networking site. If you have any questions about the use of these third-party cookies, you should check the relevant social networking site's cookie policy.

How to refuse the use of cookies

You may refuse the use of cookies by selecting the appropriate settings in your browser. However, if you do this you may lose some useful functionality such as personalisation and 'keep me signed in' and 'remember me' features. Please refer to your web browser settings if you would like to disable cookies.

If you would like to update or withdraw your consent

If you would like to: access, correct, amend or delete any personal information we have about you, or if you don't want us to process your data anymore, please contact us at hello@laurengregorypt.com

Privacy policy updates

We reserve the right to modify this privacy policy at any time, so please review it frequently. Changes and clarifications will take effect immediately upon their posting on the website. If we make material changes to this policy, we will notify you here that it has been updated, so that you are aware of what information we collect, how we use it, and under what circumstances, if any, we use and/or disclose it.

Last updated 21/03/2023

