



# Privacy Policy

This Privacy Policy explains how and why I collect and use information about you. I reserve the right to change, modify, add, or remove portions of this Privacy Policy from time to time. I will not, however, change how we share your personal information without your consent.

## Personal Information I Collect

When you interact with me, I may collect personal information, such as:

- Name
- Email address
- Phone number
- Geolocation data

I may also collect general information about the services that you use, times and dates of your interactions with me.

## How I Collect Information

I may collect information:

- Directly from you when you provide it, including by filling out forms, setting up a personal profile, participating in promotions, or contacting us through our “Contact” form.
- Automatically as you interact with me, such as location data, times and dates of logins.
- That you share, post, or transmit when interacting with me
- From third parties, including social media platforms you use to interact with me

## How I Use Information

I may use your information to:

- Provide the service you've requested or agreed to receive.
- Enable you to participate in our membership features.
- Enable you to participate in sweepstakes, contests, and promotions through me
- Process your registration
- Respond to your questions or other requests
- Improve and manage our website
- Send you emails to inform you about new features
- Send you marketing materials that may be of interest to you, but only if you consent to providing your information for this purpose
- For other purposes with your consent

## **Children Under 16**

We do not knowingly collect personal information from children under the age of 16 and do not target to children under 16. If you are under 16, please do not submit any personal information. If you have reason to believe that a child under the age of 16 has provided their personal information to me, please contact me, and we will delete that information.

## **Accessing Your Personal Information**

If you would like to obtain a copy of your personal information gathered by me, or if you would like to correct or delete such information from our marketing database, send us an email at [info@aw-fit.com](mailto:info@aw-fit.com) to submit a request.

## **Opting Out**

I only send promotional and marketing communications with your consent.

If you no longer wish to receive these or other communications from me, send us an email at [info@aw-fit.com](mailto:info@aw-fit.com).

You can stop receiving newsletter email communications from me by clicking on the “unsubscribe link” provided in such communications.

## **Improper Collection and Misuse of Personal Information**

Please report any improper collection or misuse of personal information to [info@aw-fit.com](mailto:info@aw-fit.com). Depending on the law where you live, you may also have the right to file a complaint with your local data protection authority.

## **Requesting a Copy of Your Personal Information**

Under the UK Data Protection Act (1998), you may request a copy of any personal data about you held by us and we have up to 40 calendar days to respond.

The request must be in writing and must contain the following:

- Your name and postal address
- A telephone number where you can be reached

You must also provide:

- A photocopy of your passport or driving licence
- Your signature and the date of the request
- Signed authority from the individual whose data is required if you are applying on their behalf.

Please send your request to:  
Flat 18 Avon court,  
1 Clyde square,  
E14 7SZ

If you require any further information on anything raised above, please contact me at [info@aw-fit.com](mailto:info@aw-fit.com)

*This policy was last updated on 20 Feb 2022*

*Please note: this privacy policy applies to our use of your information from APRIL 2014*



Registered with the Association for Nutrition - [www.associationfornutrition.org](http://www.associationfornutrition.org)  
Protecting the public and promoting high standards in evidence-based science and professional practice of nutrition

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