



Thank you for visiting **exercisepsyq.co.uk**

Your privacy is important to us. This Privacy Policy outlines the types of personal information that is received and collected by the Website and how it is used.

Information We Collect

Personal Information

We may collect personal information such as your name, email address, and any other information you voluntarily provide when you fill out a contact form or make a purchase.

Log Data

Like many website operators, we collect information that your browser sends whenever you visit our website. This may include information such as your computer's Internet Protocol ("IP") address, browser type, browser version, the pages of our website that you visit, the time and date of your visit, the time spent on those pages, and other statistics.

Cookies

We may use cookies to improve your experience on our website. You can instruct your browser to refuse all cookies or to indicate when a cookie is being sent. However, if you do not accept cookies, you may not be able to use some portions of our website.

How We Use Your Information

We may use the information we collect for various purposes, including:

- To personalise your experience on our website
- To improve our website
- To send periodic emails regarding updates, promotions, or other information

Information Sharing

We do not sell, trade, or otherwise transfer your personal information to third parties unless we provide you with advance notice. This does not include trusted third parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential.

Data Security

We implement a variety of security measures to maintain the safety of your personal information. However, no method of transmission over the internet or electronic storage is 100% secure, and we cannot guarantee absolute security.

Changes to this Privacy Policy

We reserve the right to update or change our Privacy Policy at any time. Any changes will be posted on this page with the updated date.

Contact Us

If you have any questions about this Privacy Policy, please contact us at **info@exercisepsyq.co.uk**

By using our website, you consent to our Privacy Policy.