**Privacy Policy**

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. 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.

**How your information is used.**  
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.

**How do you store, use, share and disclose your site visitors' personal information?**  
Our company is hosted on the Wix.com platform. Wix.com provides us with the online platform that allows us to sell our products and services to you. Your data may be stored through Wix.com’s data storage, databases and the general Wix.com applications. They store your data on secure servers behind a firewall.

**How you will be contacted.**  
You will only be contacted with the email address that you provide. You will not receive any promotional or marketing material from Ben Barnfield personal training. You will find these displayed on the website or social media sites.

**What do if you want us to remove your data.**  
If you don’t want us to process your data anymore, please contact us at [benbarnfield@gmail.com](mailto:benbarnfield@gmail.com).

**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.

**Questions and your contact information.**  
If you would like to: access, correct, amend or delete any personal information we have about you, you are invited to contact us at benbarnfield@gmail.com.