

Effective Date: January 14th, 2024

At Strive for Strong LLC (“Strive for Strong”) we value your privacy and are committed to protecting your personal information. This Privacy Policy outlines how we collect, use, and safeguard user information during and/or after using our website and other services.

1. Collected Information

- A. During the time which you use our website and/or other online services, including but not limited to: Facebook and What's App, Strive for Strong reserves the right and ability to collect the following information:
- B. Personal Information: This is included, but not limited to: user name, email address, phone number, age, fitness goals, and any other information the user may provide while completing forms, inquiries, or any other documents.
- C. Usage Data: This includes information about how users interact and use Strive for Strong’s website and other services, including, but not limited to: user’s Internet Protocol (“IP”) address, browser type, pages visited, and time spent on each page.
- D. Cookies: Strive for Strong cookies to improve user experience, analyze website traffic, and enhance functionality. Users adjust your browser settings to control cookie usage. (Subsections (A) - (D) are sometimes collectively referred to as “Collected Information”).

2. How Strive for Strong Uses User Information

Strive for Strong uses Collected Information to:

- A. Provide personalized fitness coaching and service;
- B. Respond to inquiries and support requests;
- C. Improve Strive for Strong’s website, services, and overall user experience;
- D. Send updates, newsletters, or promotional materials; and/or
- E. Process electronic payments and manage user accounts.

3. Sharing Your Information

Strive for Strong reserves the right and ability to share user information with trusted third-party service providers to assist in business operations (e.g., payment processors, email marketing services). Such third-party providers must sign strict confidentiality agreements prior to Strive for Strong disclosing any user information. Strive for Strong may also disclose your information when compelled by subpoena, required by state law, or to protect the rights and safety of Strive for Strong and its clients.

4. Data Security

Strive for Strong takes the security of user personal information seriously and implements industry-standard security measures to protect it from unauthorized access, loss, or misuse. However, no method of transmission over the internet or electronic storage is 100% secure, and Strive for Strong cannot guarantee absolute security.

5. User Rights and Choices

Users have the right to:

- A. Access, update, or delete personal information; and/or

B. Opt-out of receiving promotional communications by following the unsubscribe instructions in emails or contacting Strive for Strong directly.

6. Third-Party Links

Strive for Strong's website may contain links to third-party websites. Strive for Strong is not responsible for the privacy practices or content of these external sites. Strive for Strong encourages you to review the privacy policies of any third-party websites you visit.

7. Changes to This Privacy Policy

Strive for Strong reserves the right to unilaterally update or change this Privacy Policy at any time without user consent. Any changes will be posted on this page with an updated effective date. We encourage users to review this policy periodically.

9. Contact Us

If users have any questions about this Privacy Policy or how we handle your personal information, please contact Strive for Strong at:

Email: striveforstrong99@gmail.com

10. Consent

By clicking "I agree to these terms and conditions." user waives any and all remedies at equity in law to bring any sort of cause of action that he or she has, had, or may ever have in any way related to the collection of Collected Information, in a Connecticut State Court, or any other forum. User further acknowledges that his or her clicking "I agree to these terms and conditions." functions as a signature. As such, user acknowledges that he or she has read and understood all terms and conditions as defined herein.