**Lana Jane Fitness Privacy Policy**

**What data do we collect?**

Lana Jane Fitness collects the following data:

* Personal identification information (Name, email address, phone number, etc.)
* Information regarding health and fitness that has relevance to you starting personal training

**How do we collect your data?**

You directly provide Lana Jane Fitness with most of the data we collect. We collect data and process data when you:

* Register online or place an order for any of our products or services.
* Voluntarily complete a customer survey or provide feedback on any of our message boards or via email.
* Use or view our website via your browser’s cookies.
* Fill in an online form on our website

Lana Jane may also receive your data indirectly from the following sources:

* Physiotherapist, Osteopath or other health professional, only with your consent

**How will we use your data?**

Lana Jane collects your data so that we can:

* Process your enquiry and supply you with your desired service
* Email you with special offers on other products and services we think you might like.

When Lana Jane processes and order made online, it may send your data to, and also use the resulting information from, credit reference agencies to prevent fraudulent purchases.

**How do we store your data?**

Lana Jane securely stores your data ina secure password protected googlemail account.

Lana Jane will keep your personal data for 3 years or for as long as you are a customer/client utilising services. Once this time period has expired, we will delete your data by deleting emails containing your information.

**Marketing**

Lana Jane would like to send you information about products and services of ours that we think you might like

If you have agreed to receive marketing, you may always opt out at a later date.

You have the right at any time to stop Lana Jane from contacting you for marketing purposes or giving your data to other members of the Lana Jane Group.

If you no longer wish to be contacted for marketing purposes, please contact lanajanefitness@gmail.com

**What are your data protection rights?**

Lana Jane would like to make sure you are fully aware of all of your data protection rights. Every user is entitled to the following:

**The right to access** – You have the right to request Lana Jane for copies of your personal data. We may charge you a small fee for this service.

**The right to rectification** – You have the right to request that Lana Jane correct any information you believe is inaccurate. You also have the right to request Lana Jane to complete the information you believe is incomplete.

**The right to erasure** – You have the right to request that Lana Jane erase your personal data, under certain conditions.

**The right to restrict processing** – You have the right to request that Lana Jane restrict the processing of your personal data, under certain conditions.

**The right to object to processing** – You have the right to object to Lana Jane’s processing of your personal data, under certain conditions.

**The right to data portability** – You have the right to request that Lana Jane transfer the data that we have collected to another organization, or directly to you, under certain conditions.

If you make a request, we have one month to respond to you. If you would like to exercise any of these rights, please contact us at our email: lanajanefitness@gmail.com

Call us at: 07813631506

**Cookies**

Cookies are text files placed on your computer to collect standard Internet log information and visitor behavior information. When you visit our websites, we may collect information from you automatically through cookies or similar technology

For further information, visit allaboutcookies.org.

**How do we use cookies?**

Lana Jane uses cookies in a range of ways to improve your experience on our website, including:

* Keeping you signed in
* Understanding how you use our website

**What types of cookies do we use?**

There are a number of different types of cookies, however, our website uses:

* Functionality – Lana Jane uses these cookies so that we recognize you on our website and remember your previously selected preferences. These could include what language you prefer and location you are in. A mix of first-party and third-party cookies are used.
* Advertising – Lana Jane uses these cookies to collect information about your visit to our website, the content you viewed, the links you followed and information about your browser, device, and your IP address. Lana Jane sometimes shares some limited aspects of this data with third parties for advertising purposes. We may also share online data collected through cookies with our advertising partners. This means that when you visit another website, you may be shown advertising based on your browsing patterns on our website.

**How to manage cookies**

You can set your browser not to accept cookies, and the above website tells you how to remove cookies from your browser. However, in a few cases, some of our website features may not function as a result.

**Privacy policies of other websites**

The Lana Jane website contains links to other websites. Our privacy policy applies only to our website, so if you click on a link to another website, you should read their privacy policy.

**Changes to our privacy policy**

Lana Jane keeps its privacy policy under regular review and places any updates on this web page. This privacy policy was last updated on 20/09/ 2019.

**How to contact us**

If you have any questions about Lana Jane’s privacy policy, the data we hold on you, or you would like to exercise one of your data protection rights, please do not hesitate to contact us.

Email us at: lanajanefitnes@gmail.com

Call us: 07813631506