

Privacy Notice

1. Who I Am

This Privacy Notice explains how your personal data is collected, used, and protected when you use this website or engage with my services.

I am a personal trainer and healthcare professional providing fitness and wellbeing services.

2. What Information I Collect

I may collect and process the following personal data:

- Full name
 - Contact information (email address, phone number)
 - Emergency contact details
 - Health and medical information (including conditions, injuries, medications, and PAR-Q responses)
 - Lifestyle and fitness information relevant to your training
 - Communication records (messages, emails, booking information)
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3. How Your Information Is Collected

Your data may be collected through:

- Contact forms or enquiry submissions
 - Health questionnaires and PAR-Q forms
 - Direct communication (email, phone, WhatsApp)
 - Booking or consultation processes
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4. Why I Collect Your Data

Your information is collected to:

- Provide safe and appropriate training and health guidance
 - Assess suitability for exercise and services
 - Communicate with you regarding appointments and services
 - Maintain accurate client records
 - Comply with legal and professional obligations
 - Share with your GP or healthcare provider only when necessary and with consent (or where required for safety)
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5. Legal Basis for Processing Data (UK GDPR)

I process your personal data under the following lawful bases:

- Consent (you agree to provide your information)
- Contract (to deliver services you have requested)

- Legal obligation (where required by law or professional standards)
- Vital interests (in emergency situations where health and safety are at risk)

Health-related data is classified as **special category data** and is processed with additional safeguards.

6. How Your Information Is Stored

Your data is stored securely using Wix and/or password-protected systems. Appropriate technical and organisational measures are used to protect your personal information from loss, misuse, or unauthorised access.

7. Data Sharing

Your personal data will not be sold or shared for marketing purposes. Your information may only be shared in the following circumstances:

- With your GP or healthcare professional (with your consent or where necessary for safety)
 - Where required by law or safeguarding obligations
 - With secure service providers involved in website hosting or communication (e.g. Wix)
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8. How Long Your Data Is Kept

Your personal data will be retained only for as long as necessary to:

- Provide services
- Meet legal, accounting, or professional requirements
- Maintain client safety records

After this period, your data will be securely deleted.

9. Your Rights

Under UK GDPR, you have the right to:

- Access the personal data held about you
 - Request correction of inaccurate data
 - Request deletion of your data (where applicable)
 - Restrict or object to processing
 - Withdraw consent at any time (where applicable)
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10. Security

All reasonable steps are taken to ensure your data is kept secure and protected against unauthorised access, alteration, or disclosure.

11. Contact Information

If you have any questions about this Privacy Notice or your data, please contact:

Name: Mr B Constable

Email: info@aretehealthandwellness.com
