

# Privacy Policy – Lisa Nicoletti Fitness

Lisa Nicoletti Fitness is committed to protecting and respecting your privacy.

This policy explains how we collect, use and store your personal information in line with UK GDPR.

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## 1. Who we are

Lisa Nicoletti Fitness  
Chester, United Kingdom  
Email: [lisa@lisanicoletti.com](mailto:lisa@lisanicoletti.com)

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## 2. What information we collect

We may collect and process the following information:

- Name
  - Email address
  - Phone number
  - Health and lifestyle information (where provided for coaching purposes)
  - Payment and booking details
  - Any information you submit through contact forms or application forms
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## 3. How we use your information

We use your information to:

- Respond to enquiries
- Deliver coaching services
- Manage bookings and memberships
- Communicate with you about your training
- Provide customer support
- Improve our services

We will **never sell or share your data with third parties for marketing purposes.**

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## 4. Legal basis for processing

We process your data based on:

- Your consent
  - Performance of a contract (when you purchase services)
  - Legitimate interests in running and improving our business
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## 5. Data storage & security

Your information is stored securely using trusted systems (e.g. Gymcatch, email providers, Google Forms).

We take appropriate steps to protect your data from unauthorised access, loss, or misuse.

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## 6. How long we keep your data

We retain your data only for as long as necessary to provide services and meet legal obligations.

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## 7. Your rights

You have the right to:

- Request access to your personal data
- Request correction of inaccurate data
- Request deletion of your data
- Withdraw consent at any time

To exercise any of these rights, please contact:

[✉ lisa@lisanicoletti.com](mailto:lisa@lisanicoletti.com)

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## 8. Cookies

Your website may use cookies to improve your browsing experience. You can control cookie settings in your browser.

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## **9. Changes to this policy**

We may update this policy from time to time. Any changes will be posted on this page.