



Privacy Policy

Last Updated - 26/02/2025

Welcome to Stoic Strength with Ollie. We are committed to protecting your privacy and ensuring that your personal information is handled securely and responsibly. This Privacy Policy explains how we collect, use, disclose, and protect your information when you visit our website and use our services.

1. Information We Collect

We may collect the following example types of information:

- **Personal Information:** Name, email address, phone number, billing details, and any other information you provide when signing up for our services. (only if voluntarily provided by you).
 - **Health & Fitness Data:** Information related to your fitness progress, workout history, and goals (only if voluntarily provided by you).
 - **Technical Information:** IP address, browser type, operating system, and other details automatically collected when you visit our website.
 - **Usage Data:** Information about how you interact with our website, including pages visited and time spent on the site.
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2. How We Use Your Information

We use the information we collect to:

- Provide and personalize our services, including workout plans and accountability tracking.
 - Communicate with you regarding your plan, updates, or support inquiries.
 - Improve our website and services through analytics and user feedback.
 - Send marketing and promotional content.
 - Ensure security and prevent fraudulent activities.
 - Innovate new products and services.
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3. Sharing Your Information

We will not sell or rent your personal data. However, we may share your information with:

- **Service Providers:** Third-party platforms that help us manage our website, process payments, or send communications.
 - **Legal or Regulatory Authorities:** If required by law or regulations or to protect our legal rights.
 - **Business Transfers:** In the event of a merger, sale, or business transfer, your information may be included as part of the transaction.
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4. Data Security

We implement appropriate technical and organizational measures to protect your personal data. However, no method of data transmission over the internet is completely secure, and we cannot guarantee absolute security.

5. Your Rights & Choices

You have the following rights regarding your personal information:

- **Access & Correction:** You may request access to your data or corrections to any inaccuracies.
- **Opt-Out of Marketing:** You can unsubscribe from promotional emails at any time.
- **Data Deletion:** You may request the deletion of your personal data, subject to legal and regulatory requirements.

To exercise these rights, please contact us at ollie@stoicstrengthwithollie.com

6. Cookies & Tracking Technologies

We use cookies and similar tracking technologies to enhance user experience and analyze website traffic. You can manage cookie settings through your browser.

7. Third-Party Links

Our website may contain links to third-party websites. We are not responsible for their privacy policies or content.



8. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. The latest version will always be available on our website, with the date of the last update listed above.

9. Contact Us

If you have any questions or concerns regarding this Privacy Policy, please contact us at: Stoic Strength with Ollie

Email: ollie@stoicstrengthwithollie.com

Website: <https://www.stoicstrengthwithollie.com/>