

Client Privacy and Confidentiality Policy

Privacy Policy

At Morgz Fitness, your privacy is extremely important. This privacy policy outlines how we collect, use, and protect your personal information in compliance with the General Data Protection Regulation (GDPR).

1. What Data is Collected

The following types of personal data will be collected:

- 1.1** Name, address, email, phone number
- 1.2** Emergency contact information
- 1.3** Health and fitness information (e.g., medical history, injuries, goals)
- 1.4** Session notes and progress tracking
- 1.5** Payment or billing information (if applicable)

2. Why is Your Data Collected

Your personal data is collected in order to:

- 2.1** Design and deliver personalized fitness programs
- 2.2** Monitor your progress and adjust plans
- 2.3** Contact you about appointments or important updates.
- 2.4** Ensure your safety during training sessions.
- 2.5** Fulfill any legal or contractual obligations.



3. How Your Data is Stored

Your data is stored securely either:

- 3.1** Digitally (on encrypted devices and password-protected systems).

3. 2 Physically (in locked files if using paper records).

4. Sharing of Data

Morgz Fitness will **not** share your data with third parties unless:

- 4. 1** You have given explicit consent.
- 4. 2** It is legally required (e.g., safeguarding concerns).
- 4. 3** It is with a healthcare provider (with your permission).

5. How Long Is Your Data Kept For

5. 1 Your data is kept only for as long as necessary. Typically, Morgz Fitness will retain client data for up to 12 months after your last session unless required to keep it longer by law.



6. Your Rights Under GDPR

You have the right to:

- 6. 1** Access the personal data I hold about you
- 6. 2** Request corrections to inaccurate information
- 6. 3** Withdraw consent at any time
- 6. 4** Request deletion of your data ("right to be forgotten")

To exercise these rights, please contact:

Name: **Gilbert Moragan** (Morgz Fitness)

Work Address: **Pure Gym, Cheshunt, Brookfield Shopping Park, Halfhide Ln,
Cheshunt, Waltham Cross, EN8 0QE**

Email Address: **morgz.fitness@morgzfitness.com**

Phone Number: **07376903610**