

## **Privacy Policy**

TROTFITNESS is committed to protecting your privacy and ensuring the confidentiality of your personal information. This Privacy Policy explains how we collect, use, and safeguard your information when you interact with our services.

### **Information Collection**

We collect personal information that you voluntarily provide, including your name, phone number, and email address, when you sign up for our services.

### **Use of Information**

The information we collect is used solely to communicate TROTFITNESS-related updates.

### **SMS Privacy**

Your privacy is our priority. The information you provide for our SMS service is used solely to communicate TROTFITNESS-related updates. You can unsubscribe at any time by texting STOP to any SMS from us. Your mobile opt-in data will not be shared with third parties under any circumstances.

### **Data Sharing**

At TROTFITNESS, we do not share your personal information with third parties, except when required to deliver our services or comply with legal obligations. In rare cases, we may work with trusted service providers to assist in sending messages or maintaining our systems. These providers are bound by strict confidentiality agreements and are permitted to use your information only as needed to support our operations.

### **Data Security**

We implement robust technical and organizational measures to protect your personal information from unauthorized access, disclosure, alteration, or destruction.

### **Your Rights**

You have the right to request access to the personal information we hold about you, to correct any inaccuracies, or to request deletion of your information. You can also opt out of receiving text messages at any time.

### **Changes to this Policy**

TROTFITNESS may update this Privacy Policy periodically. Any changes will be posted here, and we encourage you to review it regularly to stay informed.