

Privacy Policy

This Privacy Policy sets out our privacy practices and how we use your information at Flexible Strength privacy notice in line with the General Data Protection Regulation 2018.

This Privacy Policy applies to the website www.flexiblestrength.co.uk (the "Site"). This Privacy Policy describes the information we collect on the Site and how Felix Ma and Flexible Strength ("we", "our", or "us") use it, the choices you can make about your information and how we protect your information.

The information we collect and how we use it:

We collect your email address, and sometimes your first name. For example, you can leave an enquiry by submitting your full name, email address, telephone number and website/social media link.

Web servers may automatically capture the following information from visitors to the Site, including the name of the domain and host from which you access the internet, the internet address of the Site from which you enter the Site, the pages you visit on the Site and the amount of time you spend on the Site. This visitor information may be used to improve the Site.

We will not, without your express consent, supply your personal information to any third party for the purpose of their or any other third party's direct marketing.

Links to other Web sites:

We do not endorse and are not responsible for the information practices or privacy policies of any other Web sites that may be linked to or from the Site. If you decide to access any other Web site that may be linked to or from the Site, you should consult that Web site's privacy policy.

Security:

We take reasonable steps to protect personal information from loss and misuse. Please keep in mind that no Internet transmission is 100% secure. Some emails sent to or from the Site may not be secure. Please consider this when sending information to us by email.

We will hold your personal data for up to 7 years following the end the date you leave due to legal requirements. Any personal data we hold on you will be destroyed after 7 years of inactivity on your data. Your data is not processed for any further purposes other than those detailed in this policy.

We aim to keep our information about you as accurate as possible. If you would like to review or change the details you have supplied us with, you may do so at any time simply contact us. If you have another query relating to your information, please contact us.

Privacy Policy Changes:

Although most changes are likely to be minor, Flexible Strength may change its Privacy Policy from time to time, and at its sole discretion. Felix Ma/Flexible Strength encourage visitors to frequently check this page for any changes to its Privacy Policy. Your continued use of this site after any change in this Privacy Policy will constitute your acceptance of such change.

This privacy policy and cookies notice was last updated May 2018.