

# Privacy Policy

**Effective Date:** 3/10/2026

At **The Best You**, we respect your privacy and are committed to protecting your personal information. This Privacy Policy explains how we collect, use, and protect the information you provide when visiting our website or using our services.

## Information We Collect

When you interact with our website or services, we may collect personal information such as:

- Name
- Email address
- Phone number
- Health or fitness goals you voluntarily provide
- Information submitted through forms (such as consultation requests or lead magnets)

We may also collect limited non-personal information such as browser type or website usage to help improve our website experience.

## How We Use Your Information

The information you provide may be used to:

- Respond to inquiries or consultation requests
- Provide coaching, nutrition, and fitness services
- Send emails related to your inquiry, program information, or helpful health resources
- Improve our services and website experience

We will **never sell, trade, or rent your personal information to third parties.**

## Email Communication

If you provide your email address, you may receive occasional emails about health tips, program updates, or resources from **The Best You**. You may unsubscribe at any time using the link provided in the email.

## How We Protect Your Information

We take reasonable measures to protect your personal information and keep it secure. However, no method of transmission over the internet is completely secure.

## **Third-Party Services**

Our website may use trusted third-party tools (such as email marketing platforms or scheduling software) to help operate our services. These providers only receive the information necessary to perform their services.

## **Your Privacy Rights**

You may request to update or remove your personal information from our records at any time by contacting us.

## **Changes to This Policy**

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

## **Contact Us**

If you have questions about this Privacy Policy, you may contact us at:

**The Best You**

Email: [info@bestyouforever.com](mailto:info@bestyouforever.com)

Website: [www.bestyouforever.com](http://www.bestyouforever.com)