

Privacy Policy for Because You Can Fitness

Who we are

Our website address is: <http://becauseyoucanfitness.ca>.

At Because You Can Fitness (BYC), we take your privacy seriously.

As most websites do, Because You Can Fitness may at times collect some information from you. Because of this, we want to assure you that we have your best interest in mind, and we've outlined our dedication to protecting your privacy in the document below. In essence, we will never sell your information to third parties, and we will take all necessary measures to ensure that your information is safe and secure.

This Privacy Policy applies to all users of and contributors to the site and covers all interactions, including but not limited to use of the services and customer/contributor relations inquiries. If you do not agree with these terms, do not access or use the site or make use of Because You Can Fitness Services.

Contact Information

Because You Can Fitness
Lynne Loiselle (controller)
140 Flavelle Rd SE
Calgary Alberta Canada
T2H 1E9
(587)433-3917
lynne@becauseyoucanfitness.ca

What personal data we collect and why we collect it

BYC will only collect or receive Personal Information that is relevant to the legitimate purposes of the site and to enable BYC to provide the services required to do business with you.

- 1. Contact Form:** Via the contact form on the website, BYC will collect names and addresses of those submitting a form. Names and addresses are kept indefinitely for customer service purposes unless no services are ultimately required or the person submitting the form requests that their information be deleted. The information submitted is never used for third party marketing purposes and will never be disclosed outside of Because You Can Fitness, unless written consent is obtained from the person in question.

2. Health Questionnaires, Waivers and ParQ: These questionnaires are available on the BYC website but must be printed, filled out by hand/pen and personally submitted to Lynne Loiselle. None of these forms are stored electronically. Information from these forms, specifically name and email address, may be used in a monthly newsletter generated by MailChimp and an automated Birthday greeting also generated by MailChimp.

Permission is granted via the Essentrics intake form for permission to be added to the BYC newsletter mailing list.

Verbal permission is granted by personal training clients to be added to the BYC newsletter mailing list.

All recipients of the BYC newsletter and automated Birthday greeting have the option of unsubscribing at the bottom of every newsletter and Birthday greeting.

Please review [MailChimp's privacy policy](#) for further information about how they protect your information.

3. Comments on the Blog page: When visitors leave comments on the site, we collect the data shown in the comments form, and also the visitor's IP address and browser user agent string to help spam detection.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://automattic.com/privacy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

4. Media: If you upload images to the website, you should avoid uploading images with embedded location data (EXIF GPS) included. Visitors to the website can download and extract any location data from images on the website.

5. Cookies: If you leave a comment on our site you may opt-in to saving your name, email address and website in cookies. These are for your convenience so that you do not have to fill your details again when you leave another comment. These cookies will last for one year.

6. Embedded Content from Other Websites: Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracing your interaction with the embedded content if you have an account and logged in to that website.

Analytics

Who we share your data with

We do not share your information with anyone.

How long we retain your data

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

What rights you have over your data

If you have made inquiries on this site or have left comments, you can request to receive an exported file of the personal data we hold about you, including any data you have provided to us. You can also request that we erase any personal data we hold about you. This does not include and data we are obliged to keep for administrative, legal or security purposes.

All users of Because You Can Fitness can request the removal of personal information by making a request through lynne@becauseyoucanfitness.ca.

Opt-Out Practices

You may opt-out of receiving all email communications from BYC at any time by contacting Lynne Loiselle at lynne@becauseyoucanfitness.ca

Where we send your data

Visitor comments may be checked through an automated spam detection service.

Twitter, Instagram and Facebook

On this website, the controller has integrated components of Facebook, Twitter and Instagram.

Twitter receives information via the Twitter component that the data subject has visited our website, provided that the data subject is logged in on Twitter at the time of the call-up to our website. This occurs regardless of whether the person clicks on the Twitter component or not. If such a transmission of information to Twitter is not desirable for the data subject, then he or she may prevent this by logging

off from their Twitter account before a call-up to our website is made. The applicable data protection provisions of Twitter may be accessed under <https://twitter.com/privacy?lang=en>.

Instagram receives information via the Instagram component that the data subject has visited our website provided that the data subject is logged in at Instagram at the time of the call to our website. This occurs regardless of whether the person clicks on the Instagram button or not. If such a transmission of information to Instagram is not desirable for the data subject, then he or she can prevent this by logging off from their Instagram account before a call-up to our website is made. Further information and the applicable data protection provisions of Instagram may be retrieved under <https://help.instagram.com/155833707900388> and <https://www.instagram.com/about/legal/privacy/>.

Facebook always receives, through the Facebook component, information about a visit to our website by the data subject, whenever the data subject is logged in at the same time on Facebook during the time of the call-up to our website. This occurs regardless of whether the data subject clicks on the Facebook component or not. If such a transmission of information to Facebook is not desirable for the data subject, then he or she may prevent this by logging off from their Facebook account before a call-up to our website is made. The data protection guideline published by Facebook, which is available at <https://facebook.com/about/privacy/>, provides information about the collection, processing and use of personal data by Facebook. In addition, it is explained there what setting options Facebook offers to protect the privacy of the data subject. In addition, different configuration options are made available to allow the elimination of data transmission to Facebook. These applications may be used by the data subject to eliminate a data transmission to Facebook.