

Cookies

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About cookies

Cookies are small pieces of text that are stored by your browser. Each cookie has a name and is associated with a particular site. When your browser sends a request to a site (for example, to download a page, image, or video), the computer that responds (known as a server) may tell your browser to set one or more cookies. When your browser makes further requests to the same site it sends the cookies back to the server. This allows the server to remember you as you browse the site, and provide features such as shopping baskets or password-protected areas.

Managing cookies

You can block all cookies through your browser settings (see the instructions for [Chrome](#), [Firefox](#), [Safari](#) and [Edge](#)), but if you choose to do so some features on our site will no longer work.

We provide on/off switches on this page to let you enable and disable individual features that use cookies. Please note that if you disable a feature the associated cookies will still be stored by your browser until they expire, but the feature will no longer be loaded and it will not have access to the cookies.

First-party cookies

First-party cookies are set when you interact with our site. Your browser will only send these cookies in requests to our site.

Essential cookies

These cookies are necessary for our site to work correctly. You can block these cookies through your browser settings, but if you choose to do so some features will no longer work.

w_c

This cookie is used to remember your cookie preferences. It is created when you change your cookie preferences and expires after thirty days.

Google Analytics cookies

These cookies are [used by Google Analytics](#) to track visitor interaction with our site in order to produce statistical reports for us. These cookies are created once you accept cookies on our site. For more information, see the Google Analytics section of [our privacy policy](#).

_ga

This cookie is used to distinguish each visitor. It expires after two years.

_gid

This cookie is used to distinguish each visitor. It expires after one day.

_gat_gtag_UA_136592318_43

This cookie is used to limit the number of requests sent to Google. It expires after one minute.

Third-party cookies

Third-party cookies are created by functionality and content on our site that are supplied by other providers. Your browser will send these cookies in requests to the provider of the functionality or content, which may allow the provider to track you across multiple sites.

Other third-party cookies

These cookies are set by content on our site that is supplied by other providers. You can block these cookies through your browser settings, but if you choose to do so some features will no longer work.

YouTube video player

The YouTube video player creates cookies when the video starts playing. For more information, see the YouTube video player section of [our privacy policy](#).

Privacy

Last modified 22nd March 2019

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Introduction

We protect your personal data in line with the requirements of the [General Data Protection Regulation \(GDPR\)](#). The GDPR requires data controllers such as ourselves to document our lawful basis for processing personal data. It also gives you rights over how your data is processed. This privacy policy documents the data we collect, why and how we process it, and how to exercise your rights.

Data controller

The data controller responsible for this website is Fit Mum Transformation, who can be contacted at 52 Pytchley Close, Leicester, Leicestershire LE4 2PZ.

This website contains links to third-party websites, which have their own data controllers and privacy policies. This privacy policy applies only to this website.

Lawful basis for processing

For each method by which we collect personal data, this privacy policy documents our lawful basis for processing the data. Where we rely on your consent to process your data, we explain how you can withdraw your consent and delete your data.

Individual rights

The GDPR gives you rights over how your personal data is processed. You can exercise your rights by contacting us. In some cases you can also exercise your rights through automated systems, as described at the relevant points in this privacy policy.

Security

The GDPR requires us to implement appropriate technical measures to protect data. We verify the identity of any individual who requests access to data before granting access. We use Transport Layer Security (TLS, also known as SSL) to encrypt any data you supply to us through our website. Additional technical measures are described at the relevant points in this privacy policy.

Disclosures

In addition to any sharing of data described elsewhere in this privacy policy, we may disclose data for legal reasons. If we suspect criminal activity we may disclose data relating to those involved or affected to the appropriate authorities. We may also be obliged to disclose data if we receive a request from an appropriate authority.

Changes to this privacy policy

We may occasionally make changes to this privacy policy. Following any changes, the date at the top of this privacy policy will be updated. If any change allows for wider access to data, such changes will only apply to data collected after the date of the updated privacy policy.

Cookies

Cookies are small pieces of text that are stored by your browser. Each cookie has a name and is associated with a particular site. When your browser sends a request to a site (for example, to download a page, image, or video), the computer that responds (known as a server) may tell your browser to set one or more cookies. When your browser makes further requests to the same site it sends the cookies back to the server. This allows the server to remember you as you browse the site, and provide features such as shopping baskets or password-protected areas. For more information on the cookies we use, see [our cookie policy](#).

Data collected by third parties on our behalf

Spoton.net

Our site is hosted by Spoton.net Limited (registered company number 06139437 in England and Wales). Spoton.net logs all requests in order to determine the causes of reported faults and to detect and block suspicious traffic. The log records the time of the request, your IP address, the requested resource, the referring site (if specified by your browser), and your browser's user agent string (which will usually include the name and version of your browser and operating system). Log files are deleted after ninety days.

Lawful basis for processing: Compliance with a legal obligation

Why? To comply with the GDPR obligation to implement appropriate technical measures to protect data

Google Analytics

We use Google Analytics to track visitor interaction with our site in order to produce statistical reports. Google collects details of the pages you view and the time you viewed them, the features of your browser, and your IP address. For more information on how Google handles the data it collects, see [Google's privacy policy](#).

To opt out of Google Analytics tracking on our site, see the Google Analytics section of [our cookie policy](#). To opt out of Google Analytics tracking on all sites, use the [Google Analytics Opt-out Browser Add-on](#).

Lawful basis for processing: Pursuance of our legitimate interests

Why? To allow us to analyse how visitors interaction with our site in order to improve our site and our services

Other data collected by third parties

Mapbox maps

When you view a page containing Mapbox maps, your browser connects to Mapbox. For more information on how Mapbox handles the data it collects, see [Mapbox's privacy policy](#).

YouTube video player

When you view a page containing the YouTube video player, your browser connects to YouTube. For more information on how Google (the operator of YouTube) handles the data it collects, see [Google's privacy policy](#).

Coaching Disclaimer

When enrolling on any online or offline training, seminar, presentation, coaching with Fit Mum Transformation Ltd., Hajnalka Berkone, you are accepting all Terms & Conditions, [Privacy Policies](#) and Coaching Disclaimer:

Every effort has been made to accurately represent our products and their potential.

There is no guarantee that you will achieve the individual results you desire using the techniques and ideas in these materials. Examples in these materials are not to be interpreted as a promise or guarantee of results. Individual results are entirely dependent on the person using our products, ideas and techniques. We do not position any and all products or services as a “quick fix plan.”

Your level of success in attaining the results claimed in our materials depends on the time you devote to the program, ideas and techniques mentioned, your personal situation, knowledge and various skills. Since these factors differ according to individuals, we cannot guarantee your success or desired outcome. Nor are we responsible for any of your actions.

Materials in our products, services and our website may contain information that includes or is based upon forward-looking statements within the meaning of the securities litigation reform act of 1995.

Forward-looking statements give our expectations or forecasts of future events. You can identify these statements by the fact that they do not relate strictly to historical or current facts. They use words such as “anticipate,” “estimate,” “expect,” “project,” “intend,” “plan,” “believe,” and other words and terms of similar meaning in connection with a description of potential individual results or personal performance.

Any and all forward looking statements here or on any of our sales material are intended to express our opinion of potential results. Many factors will be important in determining your actual results and no guarantees are made that you will achieve results similar to ours or anybody else's, in fact no guarantees are made that you will achieve any results from our ideas and techniques in our material.

If you do not understand or agree with any of these conditions, please do not order this material. If you require further clarification, please contact: info@fitmumtransformation.com.

Personal Coaching: Online and Offline

By agreeing to these Terms and Conditions Clients hereby confirm that they have no health problems (including without limitation cardiac irregularities; spinal, bone, joint, tendon or ligament injuries; spells of dizziness; asthma (or other breathing difficulty); diabetes, epilepsy or any allergy) which may affect their participation in any or all coaching undertaken either online or offline.

Clients are required to sign and date a 'Physical Activity Readiness Questionnaire' (PAR-Q) prior to starting any and all physical activity directly prescribed by Fit Mum Transformation Ltd., Hajnalka Berkone.

A PAR-Q and consent form will be issued upon enrollment to any and all appropriate products and services that involve physical activity. Clients are advised not to undertake strenuous physical activity without first seeking medical advice if they have concerns over their physical condition and well-being. Clients who refer a PAR-Q are required pre approval from their GP.

It is the clients sole responsibility to notify us before attending any session of any circumstances affecting their health which may be exacerbated through continued exertion during a session which may have arisen or worsened since their last session.

LIMITATION OF LIABILITY

The information available on or through our Site, and the Services supplied via or in connection with this Site do not constitute medical advice and it is your responsibility to determine, through obtaining appropriate medical advice, that you are fit and well and that such contents and services are suitable for you. It is not our responsibility to do so. Before commencing any exercise regime, you should consult your doctor. It is also vital that you supply us with correct information about yourself. We cannot be liable for any incorrect information supplied by you to us. We try to make sure that all information contained on this website (and provided by us to you as part of any Services or Products) is correct, but, subject to the paragraph below, we do not accept any liability for any error or omission and exclude all liability for any action you (your legal representatives, heirs) may take or loss or injury you may suffer (direct or indirect including loss of pay, profit, opportunity or time, pain and suffering, any indirect, consequential or

special loss, however arising) as a result of relying on any information on this web site or provided through any Service supplied by us to you.

You, your legal representatives and your heirs release waive, discharge and covenant, not to sue Fit Mum transformation Ltd., Hajnalka Berkone and its trainers for any injury or death caused by their negligence or other acts.

Any client questions or complaints please email:
info@fitmumtransformation.com

Coaching

Acceptance of personal coaching will be deemed to include acceptance of the following terms and conditions.

All offline coaching must be paid in full in advance on first session or 50% prior and the remaining 50% 30 days from the initial payment made. Fit Mum Transformation Ltd., Hajnalka Berkone reserves the right to cancel coaching if payment is not received.

We operate a 24hr cancellation policy – If a client does not cancel or make contact with Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi a minimum 24 hours in advance by phone or email, or if a client fails to appear for a scheduled appointment, Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi reserves the right to charge the original agreed money. Emergency cancellations will be treated at the discretion of Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi.

Clients are required to attend all coaching sessions at the arranged time. If the client is late for a session the session cannot be extended and will end at the appointed time. If a client arrives early, they should not expect to be seen early.

Once a payment for purchase of a product or service from Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi is made, clients are made aware of a 14-day refund policy.

Refunds are only applicable when illness inhibits continuation (a doctors certificate will be required as proof). Except as otherwise expressly agreed by Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi

The price of any and all products and services is subject to change at any time at Fit Mum Transformation Ltd., Hajnalka Berkone 's sole discretion prior to the date of purchase.

Payment for all services shall be made by via phone or online via Stripe and/or PayPal . and/or a bank transfer.

Physical Training

The Client is responsible for their own personal medical requirements, clothing and footwear for the duration of the Services. The client is required to wear appropriate clothing and footwear. Clothes should be loose fitting and non-restrictive. Footwear should be comfortable and provide adequate support. Clients are expected to bring their own refreshments and towels.

It is understood between client and trainer that both must commit to the programme 100% in order to achieve results.

Personal Coaching may involve physical exertion.

Acceptance of any and all products and services will be deemed as confirmation by the client that they voluntarily wish to engage in an acceptable level of exercise which has been prescribed by Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi.

If Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi believes a client's health or safety is at risk, or a Client has failed to disclose either verbally or via the PAR-Q form any relevant health information prior to commencement of the first session, then Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi may at its absolute discretion make decisions affecting the client and where necessary may terminate the coaching and subsequent sessions immediately.

Fit Mum Transformation Ltd., Hajnalka Berkone Kalnasi reserves the right to change this Coaching disclaimer from time to time without the written agreement of the client subject to notice. The client is responsible for regularly reviewing the Terms and Conditions, Privacy Policy and Coaching Disclaimer and any amended terms posted on the Website or otherwise notified to you.