



Privacy Policy

Total Physique Personal Training

(trading as "Fit Over 40 for Teachers")

Effective Date: 8 September 2025

Business Name: Total Physique Personal Training **ABN:** 64976500559

Trading Name: Fit Over 40 for Teachers

Location: Tamworth, NSW, Australia

Contact: admin@totalphysiquept.com

1. Introduction

This Privacy Policy explains how **Total Physique Personal Training (ABN 64976500559)** including its programs such as **Fit Over 40 Teachers** ("we," "our," or "us"), collects, uses, and protects your personal information when you visit our website, use our coaching app, or access our fitness programs and services.

By using our website, registering for a program, or providing us with your personal information, you agree to this Privacy Policy. If you do not agree, please do not use our services.

2. Information We Collect

Personal Identification Information

We may collect personal information when you:

- Register for a program or challenge
- Purchase a service or subscription
- Complete forms, surveys, or coaching check-ins
- Subscribe to newsletters or updates
- Communicate with us via email or app

Personal details may include your name, email address, phone number, billing/shipping address, health and fitness information you provide (e.g., goals, injuries, training history).



Non-Personal Identification Information

We may collect non-personal data such as:

- Browser type, device, and operating system
- General website or app usage statistics
- IP addresses and referral sources

Cookies & Tracking Technologies

We use cookies and similar technologies to:

- Improve user experience
- Track engagement and analytics
- Support targeted advertising and remarketing campaigns

You may disable cookies through your browser, but some features may not work correctly.

3. How We Use Your Information

We collect and use information to:

- Provide and personalise coaching services
- Respond to client inquiries and support requests
- Improve our website, programs, and user experience
- Process payments and deliver purchased services
- Send program updates, newsletters, and marketing (where consent is given)

Email Communications

- Emails provided for purchases will only be used for order/program updates.
- Subscribers may also receive newsletters, promotions, and resources.
- You can unsubscribe anytime via the link in our emails.



4. Data Protection & Security

We take reasonable measures to safeguard your personal information from misuse, loss, unauthorised access, or disclosure.

However, no internet or app-based service is 100% secure. While we take steps to protect your data, we cannot guarantee absolute security.

5. Sharing Your Information

- We do not sell or trade personal information.
- We may share limited information with third-party providers who assist in delivering our services (e.g., payment processors, email platforms, fitness coaching apps).
- These providers are only given the information necessary to perform their services.

6. Analytics & Advertising

We may use tools such as Google Analytics, Meta Ads, or similar services to:

- Analyse website and program performance
- Deliver relevant advertising to past website visitors
- Improve client acquisition and marketing effectiveness

You can opt out of personalised ads via your Google or Meta ad settings, or through third-party opt-out tools such as the Network Advertising Initiative.

7. Third-Party Links

Our programs, app, or website may include links to third-party sites. We are not responsible for the privacy practices or content of those websites.



8. Access & Correction

Under the Australian Privacy Principles, you may request access to the personal information we hold about you and request corrections if it is inaccurate. Contact us (details below) to make such a request.

9. Changes to This Policy

We may update this Privacy Policy occasionally. Updates will be published on our website or app. Continued use of our services means you accept the updated terms.

10. Contact Us

For privacy-related concerns, contact us at:

Total Physique Personal Training (Fit Over 40 Teachers Program)

Email: admin@totalphysiquept.com

Location: Tamworth, NSW, 2340