
Sweet Gains Privacy Policy



At Sweet Gains, we prioritize protecting your personal data and respecting your privacy. This policy outlines our data collection, usage, and security practices.

1. Data Collection

We gather personal information via the Trainero app, including:

- Name
- Contact details
- Fitness and health-related data
- Competition-related information (if applicable)

2. Purpose of Data Use

Collected data is used internally for:

- Creating personalized training and nutrition plans
- Providing tailored coaching services
- Registering competitor information with Suomen Fitness Urheilu and IFBB for competitions (for competing clients)

3. Data Sharing

We do not share or sell your personal data, except to:

- Suomen Fitness Urheilu and IFBB for competition registration (for competing athletes)

4. Data Security

We ensure data security with measures against unauthorized access, alteration, disclosure, or destruction.

5. Your Rights

You have the right to:

- Access: Request your data
- Correction: Amend inaccurate data
- Deletion: Request data deletion when no longer needed
- Objection: Object to specific data processing

To exercise these rights, contact us via:

- Email: team.sweet.gains@gmail.com
- Phone: +358 0449858522

6. Updates to This Policy

We may update this policy to reflect changes in practices or legal requirements. Updates will be posted here, with major changes communicated directly.

Last updated: 12/2024