

Pretty N Fit Privacy Policy

Effective Date:06/16/2026

Welcome to Pretty N Fit ("we," "us," or "our"). Your privacy is important to us. This Privacy Policy explains how we collect, use, and protect your information when you visit our website or interact with our content.

1. Information We Collect

We may collect information you voluntarily provide, including:

- Name
- Email address
- Contact information
- Messages or questions you send us
- Information submitted through forms, newsletters, or downloads

We may also collect basic website information, such as:

- Browser type
- Device information
- Pages visited
- General website activity

2. How We Use Your Information

We may use your information to:

- Respond to questions or requests
- Provide updates, resources, and content
- Improve our website and services
- Communicate with visitors and customers
- Provide health, fitness, nutrition, and lifestyle-related information

3. Health & Fitness Information

Pretty N Fit shares personal experiences, lifestyle tips, nutrition ideas, and wellness content for informational purposes only.

The information provided on this website is not medical advice and is not intended to diagnose, treat, or cure any health condition. Please consult with a qualified healthcare professional before making changes to your diet, exercise routine, or health plan.

4. Cookies & Tracking Technologies

Our website may use cookies or similar technologies to improve your browsing experience, analyze website traffic, and understand how visitors use our website.

You may adjust your browser settings to disable cookies if you choose.

5. Sharing Your Information

We do not sell, trade, or rent your personal information.

We may share information only when necessary to:

- Operate our website
- Provide requested services
- Comply with legal requirements

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