

Mature Movers™ GDPR Consent and Data Protection Notice (UK)

Mature Movers™ is dedicated to safeguarding the privacy and security of your personal data. This document explains how we collect, process, and protect your data in accordance with the General Data Protection Regulation (GDPR) as applicable in the United Kingdom.

This document outlines how Mature Movers™, hereinafter referred to as "we" or "our," handles and protects your personal data in accordance with the General Data Protection Regulation (GDPR) (EU) 2016/679. The GDPR sets out guidelines for the processing of personal data and aims to give individuals control over their personal information while ensuring its responsible and secure handling.

As a user of Mature Movers™ services, it's important for you to understand how your personal data is collected, used, and protected. This document provides transparency regarding our data practices and your rights as a data subject under the GDPR.

By entrusting us with your personal data, you can be assured that we are committed to maintaining the highest standards of data protection and privacy. We adhere to the principles of lawfulness, fairness, and transparency in all aspects of data processing.

Please review the following sections to learn more about how we handle your personal data and your rights under the GDPR. If you have any questions or concerns regarding our data processing practices, please don't hesitate to contact us.

1. Data Controller:

The data controller for Mature Movers™ is Mature Movers™. For any queries regarding data protection, please contact the Mature Movers™ Team at hello@maturemovers.uk.

2. Data We Collect:

We collect and process personal data necessary for the provision of our services. This may include:

- Demographic information (e.g., age, gender).
- Health-related information for fitness assessment purposes.
- Contact details for communication purposes.

3. Purpose of Data Processing:

Your data is processed for the following purposes:

- Facilitating your participation in Mature Movers™ programmes.
- Tailoring exercise recommendations to your health needs.
- Sending communications related to Mature Movers™ activities and updates.

4. Legal Basis for Processing:

We process your data based on your explicit consent, which you provide when signing up for Mature Movers™ services.

5. Data Sharing:

Your personal data will not be shared with third parties unless required by law or explicitly stated in separate consent forms.

6. Data Storage and Security:

Your data is stored securely, and access is restricted to authorised personnel only. We employ industry-standard security measures to protect against unauthorised access, disclosure, alteration, and destruction.

7. Data Retention:

We retain your personal data for the duration necessary to fulfill the purposes outlined in this notice. After this period, data will be securely deleted.

8. Your Rights:

As a data subject, you have the right to:

- Access, rectify, or erase your personal data.
- Withdraw consent at any time.
- Lodge a complaint with the Information Commissioner's Office (ICO).

9. Contact Details:

If you have any questions or concerns about how we handle your data, please contact the Mature Movers™ Team at hello@maturemovers.uk.

Consent:

By using Mature Movers™ services, you acknowledge that you have read, understood, and consent to the processing of your personal data as outlined in this document.