

Privacy Policy

Switch n Lifestyle, Nicolas Lambrias is committed to protecting your privacy and developing technology that gives you the most powerful and safe online experience. This Statement of Privacy applies to the *Switch n Lifestyle, Nicolas Lambrias* site and governs data collection and usage. By using the *Switch n Lifestyle, Nicolas Lambrias* site, you consent to the data practices described in this statement.

Collection of your Personal Information

Switch n Lifestyle, Nicolas Lambrias collects personally identifiable information, such as your email address, name, home or work address or telephone number. *Switch n Lifestyle, Nicolas Lambrias* also collects anonymous demographic information, which is not unique to you, such as your ZIP code, age, gender, preferences, interests and favorites.

There is also information about your computer hardware and software that is automatically collected by *Switch n Lifestyle, Nicolas Lambrias*. This information can include: your IP address, browser type, domain names, access times and referring website addresses. This information is used by *Switch n Lifestyle, Nicolas Lambrias* for the operation of the service, to maintain quality of the service, and to provide general statistics regarding use of the *Switch n Lifestyle, Nicolas Lambrias* site.

Please keep in mind that if you directly disclose personally identifiable information or personally sensitive data through *Switch n Lifestyle, Nicolas Lambrias* public message boards, this information may be collected and used by others. Note: *Switch n Lifestyle, Nicolas Lambrias* does not read any of your private online communications.

Switch n Lifestyle, Nicolas Lambrias encourages you to review the privacy statements of Web sites you choose to link to from *Switch n Lifestyle, Nicolas Lambrias* so that you can understand how those Web sites collect, use and share your information. *Switch n Lifestyle, Nicolas Lambrias* is not responsible for the privacy statements or other content on Web sites outside of the *Switch n Lifestyle, Nicolas Lambrias* and *Switch n Lifestyle, Nicolas Lambrias* family of Web sites.

Use of your Personal Information

Switch n Lifestyle, Nicolas Lambrias collects and uses your personal information to operate the *Switch n Lifestyle, Nicolas Lambrias* Web site and deliver the services you have requested. *Switch n Lifestyle, Nicolas Lambrias* also uses your personally identifiable information to inform you of other products or services available from *Switch n Lifestyle, Nicolas Lambrias* and its affiliates. *Switch n Lifestyle, Nicolas Lambrias* may also contact you via surveys to conduct research about your opinion of current services or of potential new services that may be offered.

Switch n Lifestyle, Nicolas Lambrias does not sell, rent or lease its customer lists to third parties. *Switch n Lifestyle, Nicolas Lambrias* may, from time to time, contact you on behalf of external business partners about a particular offering that may be of interest to you. In those cases, your unique personally identifiable information (e-mail, name, address, telephone number) is not transferred to the third party. In addition, *Switch n Lifestyle, Nicolas Lambrias* may share data with trusted partners to help us perform statistical analysis, send you email or postal mail, provide customer support, or arrange for deliveries. All such third parties are prohibited from using your personal information except to provide these services to *Switch n Lifestyle, Nicolas Lambrias*, and they are required to maintain the confidentiality of your information.

Switch n Lifestyle, Nicolas Lambrias does not use or disclose sensitive personal information, such as race, religion, or political affiliations, without your explicit consent.

Switch n Lifestyle, Nicolas Lambrias keeps track of the Web sites and pages our customers visit, in order to determine what *Switch n Lifestyle, Nicolas Lambrias* services are the most popular. This data is used to deliver customized content and advertising within *Switch n Lifestyle, Nicolas Lambrias* to customers whose behavior indicates that they are interested in a particular subject area.

Switch n Lifestyle, Nicolas Lambrias Web sites will disclose your personal information, without notice, only if required to do so by law or in the good faith belief that such action is necessary to: (a) conform to the edicts of the law or comply with legal process served; (b) protect and defend the rights or property of *Switch n Lifestyle, Nicolas Lambrias*; and, (c) act under exigent circumstances to protect the personal safety of users of *Switch n Lifestyle, Nicolas Lambrias*, or the public.

Use of Cookies

The *Switch n Lifestyle, Nicolas Lambrias* Web site use "cookies" to help you personalize your online experience. A cookie is a text file that is placed on your hard disk by a Web page server. Cookies cannot be used to run programs or deliver viruses to your computer. Cookies are uniquely assigned to you, and can only be read by a web server in the domain that issued the cookie to you.

One of the primary purposes of cookies is to provide a convenience feature to save you time. The purpose of a cookie is to tell the Web server that you have returned to a specific page. For example, if you personalize *Switch n Lifestyle, Nicolas Lambrias* pages, or register with *Switch n Lifestyle, Nicolas Lambrias* site or services, a cookie helps *Switch n Lifestyle, Nicolas Lambrias* to recall your specific information on subsequent visits. This simplifies the process of recording your personal information, such as billing addresses, shipping addresses, and so on. When you return to the same *Switch n Lifestyle, Nicolas Lambrias* Web site, the information you previously provided can be retrieved, so you can easily use the *Switch n Lifestyle, Nicolas Lambrias* features that you customized.

You have the ability to accept or decline cookies. Most Web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer. If you choose to decline cookies, you may not be able to fully experience the interactive features of the *Switch n Lifestyle, Nicolas Lambrias* services or Web sites you visit.

Security of your Personal Information

Switch n Lifestyle, Nicolas Lambrias secures your personal information from unauthorized access, use or disclosure. *Switch n Lifestyle, Nicolas Lambrias* secures the personally identifiable information you provide on computer servers in a controlled, secure environment, protected from unauthorized access, use or disclosure. When personal information (such as a credit card number) is transmitted to other Web sites, it is protected through the use of encryption, such as the Secure Socket Layer (SSL) protocol.

Changes to this Statement

Switch n Lifestyle, Nicolas Lambrias will occasionally update this Statement of Privacy to reflect company and customer feedback. *Switch n Lifestyle, Nicolas Lambrias* encourages you to periodically review this Statement to be informed of how *Switch n Lifestyle, Nicolas Lambrias* is protecting your information.

Contact Information

Switch n Lifestyle, Nicolas Lambrias welcomes your comments regarding this Statement of Privacy. If you believe that *Switch n Lifestyle, Nicolas Lambrias* has not adhered to this Statement, please contact *Switch n Lifestyle, Nicolas Lambrias* at the following email info@cypruspersonaltraining.com We will use commercially reasonable efforts to promptly determine and remedy the problem.