

# Cookie Policy – HP14 Fitness

Last Updated: March 2026

This Cookie Policy explains how HP14 Fitness uses cookies and similar technologies on our website.

## What Are Cookies?

Cookies are small text files stored on your device when you visit a website. They help websites function properly and provide information to the site owners.

## Types of Cookies We Use

### *Essential Cookies*

These cookies are necessary for the website to function properly and cannot be switched off.

### *Performance Cookies*

These help us understand how visitors interact with our website by collecting anonymous usage information.

### *Functionality Cookies*

These allow the website to remember choices you make, such as login details or region.

### *Marketing Cookies*

These may be used to deliver relevant advertising or measure marketing effectiveness.

### *Managing Cookies*

When you first visit our website, you may be asked to accept or manage cookies.

You can also control cookies through your browser settings. Disabling certain cookies may affect website functionality.

### **Third-Party Cookies**

Some cookies may be set by third-party services used on our website, such as analytics providers or embedded content platforms.

We do not control these cookies.

### **Changes to This Policy**

We may update this policy periodically to reflect changes in technology or regulations.

### **Contact**

If you have any questions regarding our use of cookies, please contact:

HP14 Fitness

Email: [info@hp14fitness.co.uk](mailto:info@hp14fitness.co.uk)