Privacy Policy Introduction Tara Abel and Tara Abel Fitness (”Company” or “We”) respect your privacy and are committed to protecting it through our compliance with this policy. This policy describes the types of information we may collect from you or that you may provide when you visit the website www.taraabel.com (our “Website”) and our practices for collecting, using, maintaining, protecting, and disclosing that information. This policy applies to information we collect: • On this Website. • In email, text, and other electronic messages between you and this Website. • When you interact with our advertising and applications on third-party websites and services, if those applications or advertising include links to this policy. It does not apply to information collected by: • us offline or through any other means, including on any other website operated by Company or any third party including our affiliates and subsidiaries; or • any third party, including through any content or advertising that may link to or be accessible from or on the Website Please read this policy carefully to understand our policies and practices regarding your information and how we will treat it. IF YOU DO NOT AGREE WITH OUR POLICIES AND PRACTICES, YOUR CHOICE IS NOT TO USE OUR WEBSITE. By accessing or using this Website, you agree to this privacy policy. This policy may change from time to time and you will be notified as listed below). Your continued use of this Website after we make changes is deemed to be acceptance of those changes, so please check the policy periodically for updates. Children Under the Age of 13 Our Website is not intended for children under 13 years of age. No one under age 13 may provide any information to or on the Website. We do not knowingly collect personal information from children under 13. If you are under 13, do not use the Website. If we learn we have collected or received personal information from a child under 13 without verification of parental consent, we will delete that information. If you believe we might have any information from or about a child under 13, please contact us at info@taraabelfitness.com. Information We Collect About You and How We Collect It We collect several types of information from and about users of our Website, including information: • by which you may be personally identified, such as name, postal address, e-mail address, telephone number, or ANY OTHER INFORMATION THE WEBSITE COLLECTS THAT IS DEFINED AS PERSONAL OR PERSONALLY IDENTIFIABLE INFORMATION UNDER AN APPLICABLE LAW (”personal information”); • that is about you but individually does not identify you, such as social media handles, and IP addresses ; and/or • about your internet connection, the equipment you use to access our Website

and usage details. We collect this information: • Directly from you when you provide it to us. • Automatically as you navigate through the site. Information collected automatically may include usage details, IP addresses, and information collected through cookies, web beacons,and other tracking technologies such as Facebook Pixels, Google Analytics and Pinterest ‘Pin It’ buttons, and social media share features.. • From third parties, for example, our business partners and/or advertisers and affiliates Information You Provide to Us. The information we collect on or through our Website may include: • Information that you provide by filling in forms on our Website. This includes information provided at the time of registering to use our Website, subscribing to our email list, downloading materials, posting material, or requesting further information about services. • Records and copies of your correspondence (including email addresses), if you contact us. • Information provided when you enter a contest or promotion sponsored by us, and when you report a problem with our Website. • Details of transactions you carry out through our Website and of the fulfillment of your orders. You may be required to provide financial information before placing an order through our Website. • Information used to book appointments or services Information We Collect Through Automatic Data Collection Technologies. As you navigate through and interact with our Website, we may use automatic data collection technologies to collect certain information about your equipment, browsing actions, and patterns, including: • Details of your visits to our Website, including traffic data, location data, logs, and other communication data and the resources that you access and use on the Website. • Information about your computer and internet connection, including your IP address, operating system, and browser type. The information we collect automatically may include personal information. It helps us to improve our Website and to deliver a better and more personalized service, including by enabling us to: • Advertise our services/products and/or content • Estimate our audience size and usage patterns. • Store information about your preferences, allowing us to customize our Website according to your individual interests. • Speed up your searches. • Recognize you when you return to our Website. The technologies we use for this automatic data collection may include: • Cookies (or browser cookies). A cookie is a small file placed on the hard drive of your computer. You may refuse to accept browser cookies by activating the appropriate setting on your browser. However, if you select this setting you may be unable to access certain parts of our Website. Unless you have adjusted your browser setting so that it will refuse

cookies, our system will issue cookies when you direct your browser to our Website. • Flash Cookies. Certain features of our Website may use local stored objects (or Flash cookies) to collect and store information about your preferences and navigation to, from, and on our Website. Flash cookies are not managed by the same browser settings as are used for browser cookies. • Web Beacons. Pages of our the Website and our emails may contain small electronic files known as web beacons (also referred to as clear gifs, pixel tags, and single-pixel gifs) that permit the Company, for example, to count users who have visited those pages and/or opened an email, and for other related website statistics (for example, recording the popularity of certain website content and verifying system and server integrity). Third-Party Use of Cookies and Other Tracking Technologies. Some content or applications, including advertisements, on the Website are served by third-parties, including advertisers, ad networks and/or servers, content providers, and application providers. These third parties may use cookies alone or in conjunction with web beacons or other tracking technologies to collect information about you when you use our website. The information they collect may be associated with your personal information or they may collect information, including personal information, about your online activities over time and across different websites and other online services. They may use this information to provide you with interest-based (behavioral) advertising or other targeted content. We do not control these third parties' tracking technologies or how they may be used. If you have any questions about an advertisement or other targeted content, you should contact the responsible provider directly. You can find that information here: Tracking privacy policies Facebook - https://www.facebook.com/full_data_use_policy Google - https://policies.google.com/privacy?hl=en&gl=us Pinterest - https://policy.pinterest.com/en/privacy-policy OPT-OUT - How you can STOP TRACKING and Find out more about Third Party Tracking We also may use the above mentioned technologies to collect information about your online activities over time and across third-party websites or other online services (behavioral tracking). We respect your decision if you want to opt-out of tracking for this website. If you choose to opt-out some features of this site, or future features of this site may not work properly. You may not be able to share content from this site to social media sites etc. If you would like to Opt-Out of tracking or just want more information about how to do that please use these resources. • Tracking Technologies and Advertising. You can set your browser to refuse all or some

browser cookies, or to alert you when cookies are being sent. To learn how you can manage your Flash cookie settings, visit the Flash player settings page on Adobe's website. If you disable or refuse cookies, please note that some parts of this site may then be inaccessible or not function properly. • Activate DO NOT TRACK on Google Chrome https://support.google.com/chrome/answer/2790761?co=GENIE.Platform%3DDes ktop&hl=en • Activate DO NOT TRACK on Safari https://support.apple.com/kb/PH21416?locale=en_US • Activate DO NOT TRACK on IOS Devices https://www.cultofmac.com/256690/enable-do-not-track-block-cookies-for-better-mobile-s afari-privacy-ios-tips/ How We Use Your Information We use information that we collect about you or that you provide to us, including any personal information: • To present our Website and its contents to you. • To provide you with information, products, or services that you request from us. • To fulfill any other purpose for which you provide it. • To carry out our obligations and enforce our rights arising from any contracts entered into between you and us, including for billing and collection. • To notify you about changes to our Website or any products or services we offer or provide though it. • To allow you to participate in interactive and social features on our Website. • In any other way we may describe when you provide the information. • For any other purpose with your consent. We may use the information we have collected from you to enable us to display advertisements to our advertisers' target audiences. Even though we do not disclose your personal information for these purposes without your consent, if you click on or otherwise interact with an advertisement, the advertiser may assume that you meet its target criteria. Disclosure of Your Information We may disclose aggregated information about our users , and information that does not identify any individual, in compliance with this policy and without restriction. We may disclose personal information that we collect or you provide as described in this privacy policy: • To our subsidiaries and affiliates. • To contractors, service providers, and other third parties we use to support our business. • To a buyer or other successor in the event of a merger, divestiture, restructuring, reorganization, dissolution, or other sale or transfer of some or all of Tara Abel and Tara Abel Fitness's assets, whether as a going concern or as part of bankruptcy, liquidation, or similar proceeding, in which personal information held by Tara Abel and Tara Abel Fitness about our Website users is among the assets transferred. • To fulfill the purpose for which you provide it, such as using

our social share features. • For any other purpose disclosed by us when you provide the information. • With your consent. We may also disclose your personal information: • To comply with any court order, law, or legal process, including to respond to any government or regulatory request. • To enforce or apply our terms of use and other agreements, including for billing and collection purposes. • If we believe disclosure is necessary or appropriate to protect the rights, property, or safety of Tara Abel and Tara Abel Fitness, our customers, or others. Your California Privacy Rights California Civil Code Section § 1798.83 permits users of our Website that are California residents to request certain information regarding our disclosure of personal information to third parties for their direct marketing purposes. To make such a request, please send an email to info@taraabelfitness.com. Data Security We have implemented measures designed to secure your personal information from accidental loss and from unauthorized access, use, alteration, and disclosure. We are not responsible for the loss or breach of any of the third party sites we use to provide you with content or services. Any payment transactions made are through the following third -party provider(s) Stripe, PayPal Unfortunately, the transmission of information via the internet is not completely secure. Although we do our best to protect your personal information, we cannot guarantee the security of your personal information transmitted to our Website. Any transmission of personal information is at your own risk. We are not responsible for circumvention of any privacy settings or security measures contained on the Website. Changes to Our Privacy Policy It is our policy to post any changes we make to our privacy policy on this page with a notice that the privacy policy has been updated on the Website home page. If we make material changes to how we treat our users' personal information, we will notify you by email to the email address you have provided and/or through a notice on the Website home page. The date the privacy policy was last revised is identified at the bottom of this page. You are responsible for ensuring we have an up-to-date active and deliverable email address for you, and for periodically visiting our Website and this privacy policy to check for any changes. Contact Information To ask questions or comment about this privacy policy and our privacy practices, contact us at: info@taraabelfitness.com Last modified: January 2020