

Your Guts & Glory Privacy Statement

Your Guts & Glory collects and processes personal data in the execution of its services. This privacy statement is intended to inform you about how we handle your personal data, your associated rights, and other relevant information.

What personal data does Your Guts & Glory collect?

Various personal data is collected depending on the services rendered. The data we may collect include:

- First and last name;
- Gender;
- Date of birth;
- Place of birth;
- Address details;
- Phone number;
- Email address;
- Information about your health condition;
- Information regarding tests performed and recommendations necessary to provide you with the best possible care and advice;
- Data requested from another healthcare provider to provide the best possible care and advice, with your explicit consent.

For what purposes does Your Guts & Glory process your personal data?

Your Guts & Glory needs to process data to execute the service agreement. The personal data collected from you are used for the following purposes:

- Preparation of personalised wellbeing plans.
- Communication about training or individual consultations and sending tests.
- The information in your file needed for financial administration.
- Informing other healthcare providers, for example, when coaching is completed or for a referral to another practitioner. This is only done with your explicit consent.
- Anonymous use during peer review or supervision meetings.

Granting and withdrawing consent

If you give Your Guts & Glory permission to use personal data, you can withdraw this consent at any time.

Data sharing with third parties

Your data will not be rented, sold, or otherwise shared with third parties. Your data may only be shared with other healthcare providers with your explicit consent.

Address

Eschbeekweg 15
7524NK Enschede

Contact

hello@yourgutsandglory.com
yourgutsandglory.com

Transfer of your data outside the EU

Your data will not be transferred outside the EU.

How long are your data stored?

Your Guts & Glory stores your data in accordance with the GDPR. The data will not be stored longer than strictly necessary to achieve the purposes for which they were collected.

Technical security

Your Guts & Glory ensures that unauthorized persons do not have access to your personal data. To protect your data, it is stored on a secure server.

Rights of data subjects

- You have the right to access your personal data.
- You have the right to correct and supplement your personal data.
- You have the right to have certain outdated or incorrect sensitive data deleted.
- You have the right to restrict the processing of your personal data.
- You have the right to object to the processing of your personal data.
- You have the right to data portability.
- You have the right to file a complaint about how Your Guts & Glory handles your data. You can do this by emailing us. You can also file a complaint with the Dutch Data Protection Authority.

A complaint or request can be submitted by emailing hello@yourgutsandglory.com. We will process your complaint or request within 30 days.

Modification of the Privacy Statement

Your Guts & Glory reserves the right to make changes to the Privacy Statement if necessary.

Questions

If you have any questions or comments regarding our Privacy Statement, please feel free to contact us via email: hello@yourgutsandglory.com.

Version of the Privacy Statement

This Privacy Statement was last modified on February 23, 2026.

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