

COOKIES POLICY

<https://habitofit.netlify.app>

Access to this Website may involve the use of cookies. Cookies are small amounts of information that are stored in the browser used by each User - on the different devices they may use to browse - so that the server remembers certain information that will later be read only by the server that implemented it. Cookies make browsing easier, more user-friendly, and do not damage the browsing device.

Cookies are automatic procedures for collecting information related to the preferences determined by the User during their visit to the Website in order to recognize them as a User, and personalize their experience and use of the Website, and they can also, for example, help to identify and resolve errors.

The information collected through cookies may include the date and time of visits to the Website, the pages viewed, the time spent on the Website and the sites visited just before and after the Website. However, no cookie allows it to contact the User's telephone number or any other means of personal contact. No cookie can extract information from the User's hard drive or steal personal information. The only way for the User's private information to be part of the Cookie file is for the user to personally give that information to the server.

Cookies that allow a person to be identified are considered personal data. Therefore, the Privacy Policy described above will apply to them. In this sense, the User's consent will be necessary for their use. This consent will be communicated, based on an authentic choice, offered through an affirmative and positive decision, before the initial, removable and documented treatment.

Own cookies

They are those cookies that are sent to the User's computer or device and managed exclusively by HabitoFit for the best functioning of the Website. The information collected is used to improve the quality of the Website and its Content and your experience as a User. These cookies allow us to recognize the User as a recurring visitor to the Website and adapt the content to offer content that fits their preferences.

Third party cookies

They are cookies used and managed by external entities that provide HabitoFit with services requested by it to improve the Website and the user experience when browsing the Website. The main objectives for which third-party cookies are used are to obtain access statistics and analyze navigation information, that is, how the User interacts with the Website.

The information obtained refers, for example, to the number of pages visited, the language, the place from which the IP address from which the User accesses, the number of Users who access, the frequency and recurrence of visits, the time of visit, the browser they use, the operator or type of device from which the visit is made. This information is used to improve the Website, and detect new needs to offer Users Content and/or service of optimal quality. In any case, the information is collected anonymously and Website trend reports are prepared without identifying individual users.

You can obtain more information about cookies, information about privacy, or consult the description of the type of cookies used, their main characteristics, expiration period, etc. in the following link(s):

<https://analytics.google.com/analytics/>

The entity(ies) in charge of providing cookies may transfer this information to third parties, as long as it is required by law or a third party processes this information for said entities.

Social media cookies

HabitoFit incorporates social network plugins, which allow access to them from the Website. For this reason, social network cookies may be stored in the User's browser. The owners of these social networks have their own data protection and cookie policies, being themselves, in each case, responsible for their own files and their own privacy practices. The User must refer to them to find out about these cookies and, where applicable, the processing of their personal data. For information purposes only, the links where you can consult these privacy and/or cookie policies are indicated below:

- Facebook: <https://www.facebook.com/policies/cookies/>
- Twitter: <https://twitter.com/es/privacy>
- Instagram: <https://help.instagram.com/1896641480634370?ref=ig>
- YouTube: <https://policies.google.com/privacy?hl=es-419&gl=mx>
- Pinterest: <https://policy.pinterest.com/es/privacy-policy>
- LinkedIn: <https://www.linkedin.com/legal/cookie-policy?trk=hp-cookies>

Disable, reject and delete cookies

The User can disable, reject and delete the cookies – totally or partially – installed on their device through the settings of their browser (including, for example, Chrome, Firefox, Safari, Explorer). In this sense, the procedures for rejecting and deleting cookies may differ from one Internet browser to another.

Consequently, the User must follow the instructions provided by the Internet browser they are using. In the event that you reject the use of cookies – in whole or in part – you may continue using the Website, although the use of some of its features may be limited.

This Cookie Policy document has been created using the free online web cookie policy template generator on 11/19/2023.