

Embody You Policies

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Effective September 10 2026

These policies explain how Embody You handles information, the rules for using its website, and the boundaries of Embodiment Lab coaching. By using the website or booking a call, you acknowledge the sections that apply to you.

Privacy Policy

Scope

This Privacy Policy applies to embodyyou.co, Embody You landing pages that link to it, and information Embody You receives when you contact us or schedule an Embodiment call. When you use a third-party service, such as Calendly, that service may also process information under its own privacy notice.

Information We Collect

Information you provide. We may collect your name, email address, phone number if requested, appointment details, time zone, communication preferences, and information you choose to include in booking questions, emails, forms, consultation notes, or other messages.

Wellness information you choose to share. Booking answers or coaching communications may include information about your goals, routines, menstrual cycle, exercise history, nutrition habits, health concerns, or readiness for coaching. Please do not submit emergency information or details that are not reasonably needed for your inquiry.

Information collected automatically. Our website host and any analytics or security tools we enable may collect information such as your IP address, browser and device type, operating system, referring page, pages viewed, approximate location derived from your IP address, and dates and times of access.

Information from third parties. We may receive information from services you use to interact with us, including Calendly, email providers, social media platforms, advertising platforms, payment providers if you later purchase a service, and other tools used to operate Embody You.

How We Use Information

- To respond to inquiries and schedule, prepare for, and conduct Embodiment calls.
- To determine whether coaching may be appropriate and to provide requested services.
- To send appointment confirmations, reminders, service messages, and responses.
- To operate, secure, troubleshoot, and improve the website and booking experience.
- To understand the source and effectiveness of marketing when tracking tools are enabled.
- To maintain business records, enforce agreements, prevent misuse, and comply with law.
- For another purpose disclosed when information is collected or with your consent.

Cookies Analytics and Advertising

The website and services linked from it may use cookies, pixels, local storage, and similar technologies for essential site functions, security, analytics, appointment scheduling, and advertising measurement. If Meta Pixel or another advertising tool is enabled, the provider may receive device and activity information, such as page visits or button interactions, and may use it under its own policies. Where required, we will provide an appropriate consent or opt-out method. You can also manage many cookies through your browser settings, although disabling them may affect some functions.

How We Disclose Information

We may disclose information to service providers that help host the website, schedule calls, deliver email, manage client relationships, process payments, secure systems, analyze performance, or measure advertising. Current or expected providers may include our website host, Calendly, Google Workspace, coaching software, and Meta or other analytics and advertising providers if enabled. Providers may process information only as permitted by their agreements and applicable law.

We may also disclose information when reasonably necessary to comply with law or legal process, protect rights and safety, investigate fraud or misuse, enforce an agreement, or complete a business transfer. We do not sell personal information for money. Some privacy laws may define disclosures for targeted advertising as a sale or sharing. If that rule applies, you may request the legally available opt-out through the contact method below.

Retention and Security

We retain personal information only as long as reasonably necessary for the purpose for which it was collected, including providing services, maintaining business and tax records, resolving disputes, and meeting legal obligations. Retention periods vary by record type. We use reasonable administrative, technical, and organizational safeguards, but no online transmission or storage method is completely secure.

Your Choices and Privacy Rights

Depending on where you live and whether a particular privacy law applies to Embody You, you may have rights to request access to, correction of, or deletion of certain personal information; receive information about how it is used or disclosed; withdraw consent; or opt out of certain targeted advertising disclosures. You may unsubscribe from marketing email through the link in the message. Appointment and service communications may still be sent when needed to fulfill your request.

To submit a request, email mikaelamarie@embodyyou.co with the subject line Privacy Request. We may need to verify your identity before fulfilling a request. We will not discriminate against you for exercising a legally protected privacy right. Some requests may be limited by legal exceptions or recordkeeping obligations.

Children

The website and Embodiment Lab coaching are intended for adults age 18 and older. We do not knowingly collect personal information online from children under 13. If you believe a child has provided personal information, contact us so we can review and delete it when appropriate.

Third Party Links and International Visitors

The website may link to services we do not control. Review their privacy terms before providing information. Embody You operates in the United States. If you access the website from another country, your information may be processed in the United States or other places where our providers operate, which may have different privacy protections.

Changes to This Privacy Policy

We may update this Privacy Policy when our practices, services, or legal obligations change. The revised policy will show a new effective date. Material changes will be communicated in an appropriate manner when required.

Website Terms

Acceptance and Eligibility

These Website Terms govern your use of embodyyou.co and Embody You landing pages that link to them. By accessing or using the website, you agree to these Terms. If you do not agree, do not use the website. The website is intended for adults age 18 and older.

Website Information Only

Website content is provided for general educational and informational purposes. It is not medical advice, diagnosis, treatment, mental health care, physical therapy, or individualized nutrition therapy. Reading the website, submitting an inquiry, or booking a call does not create a coach-client relationship.

Booking an Embodiment Call

Booking a call reserves a conversation at an available time. You agree to provide accurate information and to use the cancellation or rescheduling options if you cannot attend. A booking is not an acceptance into Embodiment Lab and does not require either party to enter a coaching relationship.

Coaching Services and Purchases

If you purchase coaching, the signed coaching agreement, informed-consent documents, payment terms, and any written refund or cancellation policy provided at enrollment govern the service. If those documents conflict with these Website Terms on a matter specific to paid coaching, the signed coaching agreement controls. No refund, enrollment, availability, or service term is promised by the website unless clearly stated in the applicable written agreement.

Intellectual Property

The website, brand elements, text, graphics, photographs, program names, downloads, and other original materials are owned by or licensed to Embody You and are protected by applicable intellectual-property laws. You may view the website for personal, noncommercial use. You may not copy, reproduce, distribute, sell, modify, publish, or create derivative works from the materials without prior written permission, except as allowed by law.

Acceptable Use

- Do not use the website for unlawful, fraudulent, abusive, or harmful activity.
- Do not interfere with the website, attempt unauthorized access, introduce malicious code, scrape content, or misuse booking or contact features.
- Do not impersonate another person or submit information you do not have the right to provide.

Third Party Services

Links to Calendly, social media, payment services, coaching platforms, or other third-party websites are provided for convenience. Those services are governed by their own terms and privacy practices. Embody You does not control and is not responsible for the availability, security, content, or practices of third-party services.

Testimonials and Results

Testimonials, client stories, and before-and-after images describe individual experiences. They are not guarantees, promises, or representations that every person will achieve the same or similar result. Results vary based on many factors, including starting point, participation, health, circumstances, consistency, and other influences. Nothing on the website promises a particular weight, body composition, medical, menstrual, emotional, financial, or other outcome.

Website Availability and Warranties

We may update, suspend, restrict, or discontinue any part of the website at any time. To the fullest extent permitted by law, the website is provided as available and without warranties of any kind, whether express or implied. We do not guarantee that the website will always be uninterrupted, error-free, secure, or current.

Limitation of Liability

To the fullest extent permitted by law, Embody You and its owner, contractors, and service providers will not be liable for indirect, incidental, special, consequential, exemplary, or punitive damages arising from use of or inability to use the website or reliance on its content. Nothing in these Terms excludes liability that cannot legally be excluded or limited. Your rights may vary by jurisdiction.

Changes Severability and Applicable Law

We may revise these Website Terms by posting an updated version with a new effective date. If a provision is found unenforceable, the remaining provisions will continue to apply to the extent permitted by law. These Terms are governed by applicable United States law and any state law that properly applies to the relationship, without limiting rights that cannot be waived under the law where you live.

Coaching Disclaimer

Nature of Coaching

Embodiment You and Embodiment Lab provide holistic strength and wellness coaching, education, accountability, and personal-development support. Coaching may discuss exercise, nourishment habits,

recovery, routines, body awareness, menstrual-cycle observations, boundaries, and self-leadership. Coaching is collaborative and educational. It is not healthcare.

Not Medical Mental Health or Clinical Nutrition Care

Unless expressly stated in a separate written professional relationship, Mikaela and Embody You are not acting as your physician, nurse, registered dietitian, licensed nutrition professional, psychologist, therapist, counselor, physical therapist, or other licensed healthcare provider. Coaching does not diagnose, prevent, cure, or treat any disease, injury, hormonal condition, eating disorder, mental health condition, or other medical concern, and it is not a substitute for care from a qualified professional.

Your Healthcare and Personal Decisions

Consult an appropriately qualified healthcare professional before beginning or changing exercise, nutrition, supplement, or wellness practices, especially if you are pregnant or postpartum, take medication, have an injury or medical condition, experience significant pain or unusual symptoms, have a history of disordered eating, or have been advised to limit activity. Do not delay or disregard professional care because of website content or coaching information. You remain responsible for your choices, participation, and communication with your healthcare providers.

Exercise and Physical Activity

Physical activity carries risks, including soreness, falls, strain, injury, and aggravation of an existing condition. Stop activity and seek appropriate help if you experience chest pain, fainting, severe shortness of breath, sudden weakness, severe pain, or another concerning symptom. Use appropriate equipment, space, supervision, and technique, and work within the limits communicated by your healthcare professionals.

Nutrition and Menstrual Cycle Information

Nutrition information is educational and habit-focused and is not medical nutrition therapy or a prescribed diet for a medical condition. Menstrual-cycle and body-awareness discussions are intended to help you notice personal patterns. They are not fertility care, contraception, hormone testing, diagnosis, or treatment, and they do not establish that every woman responds in the same way during a particular cycle phase.

Emergencies and Crisis Support

Embodiment You does not provide emergency or crisis services, and booking forms, email, direct messages, and coaching platforms are not monitored for emergencies. If you may be experiencing a medical or mental health emergency, call 911 or your local emergency number, or go to the nearest emergency department. If you are in the United States and experiencing a mental health crisis, call or text 988.

Results

No particular result is guaranteed. Progress depends on individual circumstances and factors outside the coach's control. Testimonials and photographs reflect the experiences of the individuals shown and should not be understood as typical or promised outcomes. The decision to participate, and the responsibility for communicating limitations, symptoms, and concerns, remains yours.

Business Contact

Questions about these policies, privacy requests, website issues, and general Embody You inquiries may be sent by email. Email is the primary public business contact method.

Business	Embodly You
Website	https://embodyyou.co
Email	mikaelamarie@embodyyou.co

For privacy requests, use the subject line Privacy Request. For scheduling, use the booking link on the Embodly You website. Social-media direct messages are not a secure or reliable place to send sensitive information, legal notices, or urgent requests.

Contact Acknowledgment

Using email does not create a coach-client relationship. A coaching relationship begins only after both parties complete the required enrollment process and sign the applicable coaching agreement.