

## Cookie Policy

Welcome to the Cookie Policy of Fitness meditation ("us," "we," or "our"), applicable to the website <https://fitmedit.com> (the "Service"). By utilizing the Service, you consent to the utilization of cookies as described in this policy.

Our Cookie Policy outlines the nature of cookies, their purpose in our operations, the potential involvement of third-party collaborators in cookie usage, your options regarding cookies, and supplementary details about this technology.

### Understanding Cookies

Cookies refer to small segments of text dispatched by a website you visit, which your web browser stores. This storage mechanism within your browser enables either the Service or third parties to recognize you, simplifying subsequent visits and enhancing your experience on the Service.

Cookies can be categorized as either "persistent" or "session" cookies.

Employment of Cookies by Fitness meditation.

Upon accessing and utilizing the Service, we may position several cookie files in your web browser.

Our use of cookies encompasses the following objectives: enabling specific functionalities of the Service, providing analytical insights, preserving your preferences, facilitating the delivery of advertisements, including those based on behavioral patterns.

Both session and persistent cookies are employed within the Service, encompassing diverse types to sustain its operations:

– Essential cookies: These may be employed to authenticate users and forestall unauthorized exploitation of user accounts.

### Third-Party Cookies

Beyond our proprietary cookies, we may incorporate diverse third-party cookies to compile usage statistics of the Service, distribute advertisements through the Service, and more.

### Exercising Your Cookie Preferences

Should you wish to eliminate cookies or provide directives for your web browser to remove or reject cookies, kindly refer to your browser's assistance resources.

Nonetheless, it is essential to acknowledge that deleting cookies or opting to reject them could result in certain features being inaccessible, your preferences being unretained, and potential irregularities in the presentation of some of our web pages.

## Further Resources on Cookies

To acquire a deeper comprehension of cookies and additional information about this technology, you can explore the resources provided by third-party websites such as:

All About Cookies: <http://www.allaboutcookies.org/>