

Privacy Policy

The Aligned Athlete Method — Authentic Physical Therapy & Performance, LLC | Effective Date: October 21, 2026

Authentic Physical Therapy & Performance, LLC ("Company," "we," "us," or "our") respects your privacy. This Privacy Policy explains what information we collect through The Aligned Athlete Method (the "Program"), hosted on Podia, how we use it, and your rights regarding that information.

1. Information We Collect

We (directly or through our platform provider) may collect:

- Contact information: name, email address, and billing information provided at purchase.
- Payment information: processed securely by Podia and its payment processors; we do not store full card numbers.
- Usage data: login activity, video/content progress, and platform interactions, as tracked by Podia.
- Communications: emails, messages, or feedback you send us.
- Technical data: IP address, browser/device type, and cookies collected automatically by the platform.

2. How We Use Your Information

- To provide access to and administer the Program.
- To process payments and manage billing.
- To communicate with you about the Program, including updates, support, and (if you opt in) marketing.
- To improve the Program and troubleshoot technical issues.
- To comply with legal obligations.

3. Third-Party Service Providers

We use third-party providers to operate the Program, including Podia (hosting, content delivery, and payment processing) and email/marketing service providers. These providers process your data under their own privacy policies and applicable data processing agreements. We do not sell your personal information to third parties.

4. Cookies & Tracking

Podia may use cookies and similar technologies to operate the platform, remember your login, and analyze usage. You can control cookies through your browser settings, though this may affect platform functionality.

5. Data Retention

We retain your information for as long as necessary to provide the Program, comply with legal and tax obligations, resolve disputes, and enforce our agreements.

6. Your Rights

Depending on your location, you may have the right to access, correct, delete, or restrict the use of your personal information, or to opt out of marketing communications. To exercise these rights, contact us at the email below.

7. Data Security

We use reasonable administrative and technical safeguards to protect your information, and rely on our platform provider's security measures for hosting and payment processing. However, no method of transmission or storage is 100% secure, and we cannot guarantee absolute security.

8. Children's Privacy

The Program is not directed to individuals under 18, and we do not knowingly collect personal information from children.

9. International Users

The Program is operated from the United States. If you access it from outside the U.S., your information will be processed in the U.S. and other locations where our service providers operate.

10. Changes to This Policy

We may update this Privacy Policy periodically. Material changes will be communicated via email or platform notice, and continued use of the Program constitutes acceptance of the updated policy.

11. Contact

Questions about this Privacy Policy or your data should be directed to: info@authenticathletept.com