

# INVICTUS

SPORTS PERFORMANCE AND FITNESS

## Privacy Policy

### Effective Date: March 12, 2026

Invictus Sports Performance and Fitness (“Invictus,” “we,” “our,” or “us”) operates the website [invictussports.org](http://invictussports.org). This Privacy Policy explains how we collect, use, and protect your information when you visit our website.

By using our website, you consent to the practices described in this policy.

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### 1. Information We Collect

We may collect the following types of information:

#### Personal Information

Information you voluntarily provide, including when you:

- Fill out contact forms
- Subscribe to newsletters
- Request services
- Communicate with us via email or website forms

This may include:

- Name
- Email address
- Phone number
- Any message or information you submit

#### Automatically Collected Information

When you visit our website, certain information may be collected automatically, including:

- IP address
- Browser type
- Device type
- Pages visited
- Time and date of visits
- Referring website

This information helps us understand how visitors use our website.

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### 2. How We Use Your Information

We use the information we collect to:

- Respond to inquiries or requests
- Provide services or information you request
- Improve our website and services
- Monitor website performance and usage
- Send occasional updates or communications (if you opt in)

We do not sell or rent your personal information to third parties.

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### 3. Cookies and Tracking Technologies

Our website may use cookies or similar tracking technologies to enhance user experience and collect website analytics.

Cookies may help us:

- Understand website traffic
- Improve functionality
- Remember user preferences

You can disable cookies through your browser settings if you prefer.

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## 4. Third-Party Services

We may use trusted third-party services to operate our website and analyze usage. These may include services such as:

- Website hosting providers
- Email communication tools
- Analytics platforms

These third parties may have access to limited information necessary to perform their services but are not permitted to use it for other purposes.

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## 5. Data Security

We take reasonable steps to protect your personal information. However, no method of transmission over the internet or electronic storage is completely secure.

While we strive to protect your data, we cannot guarantee absolute security.

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## 6. Children's Privacy

Our website is not directed toward children under the age of 13. We do not knowingly collect personal information from children.

If we learn that we have collected personal information from a child under 13, we will take steps to delete that information.

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## 7. Links to Other Websites

Our website may contain links to external websites. We are not responsible for the privacy practices or content of those websites.

We encourage users to review the privacy policies of any third-party sites they visit.

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## 8. Your Privacy Rights

Depending on your location, you may have certain rights regarding your personal information, including the right to:

- Request access to personal data we hold about you
- Request correction or deletion of your information
- Opt out of certain communications

To exercise these rights, please contact us using the information below.

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## 9. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. Any updates will be posted on this page with a revised effective date.

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## 10. Contact Us

If you have questions about this Privacy Policy or how your information is handled, please contact us:

Invictus Sports Performance and Fitness

Website: <https://invictussports.org>

Email: [Invictus\\_unconquered@outlook.com](mailto:Invictus_unconquered@outlook.com)

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## Fitness Liability Disclaimer

**Effective Date:** March 12, 2026

The information, programs, and services provided by **Invictus Sports Performance and Fitness** (“Invictus,” “we,” “our,” or “us”) through [invictussports.org](http://invictussports.org) are intended for **educational and informational purposes only**.

By participating in any training program, exercise recommendation, or fitness-related activity provided by Invictus, you acknowledge and agree to the following:

### 1. Assumption of Risk

Physical exercise, athletic training, and fitness programs involve inherent risks including, but not limited to:

- Muscle strains
- Sprains
- Falls
- Cardiovascular events
- Other injuries or health complications

By participating in any program, training plan, or exercise recommendation provided by Invictus, you **voluntarily assume all risks associated with such activities**.

### 2. Not Medical Advice

The information on this website and any related coaching, programs, or communications **does not constitute medical advice, diagnosis, or treatment**.

You should consult with a **physician or qualified healthcare provider** before beginning any exercise or fitness program, especially if you:

- Have a pre-existing medical condition
- Have a history of cardiovascular disease
- Are pregnant
- Are recovering from injury or surgery
- Take medications that may affect exercise performance

### 3. Personal Responsibility

You agree that you are **personally responsible for your health, safety, and well-being** when participating in any fitness or training program.

You should immediately stop exercising and seek medical attention if you experience symptoms such as:

- Chest pain
- Dizziness
- Severe shortness of breath
- Loss of consciousness
- Unusual pain or discomfort

### 4. Limitation of Liability

To the fullest extent permitted by law, **Invictus Sports Performance and Fitness shall not be liable for any injuries, damages, or losses** that may occur as a result of:

- Use of information from this website
- Participation in training programs
- Following exercise or fitness recommendations

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## 5. Results Disclaimer

Individual results from fitness and training programs will vary. Invictus does **not guarantee specific performance, weight loss, or health outcomes.**

Participation in training programs requires consistency, effort, and individual physiological differences.

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## Terms of Use

**Effective Date:** March 12, 2026

Welcome to [invictussports.org](http://invictussports.org), the website of **Invictus Sports Performance and Fitness**.

By accessing or using this website, you agree to the following Terms of Use.

### 1. Acceptance of Terms

By using this website, you acknowledge that you have read, understood, and agree to be bound by these Terms of Use.

If you do not agree with these terms, you should not use this website.

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### 2. Website Content

All content on this website, including but not limited to:

- Articles
- Training programs
- Graphics
- Videos
- Logos
- Written materials

is the property of Invictus Sports Performance and Fitness unless otherwise stated.

Content may not be copied, reproduced, distributed, or used for commercial purposes without written permission.

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### 3. Informational Purposes

The content provided on this website is for **educational and informational purposes only** and should not be considered medical, therapeutic, or professional healthcare advice.

Users should consult qualified professionals before making health or fitness decisions.

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### 4. User Conduct

Users agree not to:

- Use the website for unlawful purposes
  - Attempt to gain unauthorized access to systems
  - Distribute malware or harmful software
  - Copy or redistribute proprietary content without permission
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### 5. Third-Party Links

Our website may contain links to third-party websites for informational purposes. Invictus is not responsible for the content or policies of those websites.

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### 6. Limitation of Liability

Invictus Sports Performance and Fitness is not responsible for any damages arising from the use or inability to use this website or its content.

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### 7. Modifications

We reserve the right to update or modify these Terms of Use at any time. Continued use of the website after updates constitutes acceptance of those changes.

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### 8. Governing Law

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These Terms of Use shall be governed by the laws of the **United States and the State of Illinois.**

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## HIPAA-Aware Coaching Disclaimer

**Effective Date:** March 12, 2026

**Invictus Sports Performance and Fitness** provides coaching, education, and fitness programming designed to support athletic performance, general health, and physical fitness.

### 1. Not a Healthcare Provider

Invictus Sports Performance and Fitness is **not a medical provider, healthcare provider, or covered entity under the Health Insurance Portability and Accountability Act (HIPAA)** unless explicitly stated. Our services are intended for **fitness coaching and performance training**, not medical treatment.

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### 2. Health Information Shared by Clients

Clients may voluntarily share health-related information such as:

- Injury history
- Medical background
- Physical limitations
- Rehabilitation status

This information is used solely to **adapt training recommendations and coaching guidance**.

However, unless otherwise specified in a separate agreement, Invictus **does not operate as a HIPAA-covered healthcare provider**.

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### 3. Communication and Data Security

Communication through the website, email, or messaging platforms may not always meet HIPAA security standards.

Clients should avoid submitting **sensitive medical records or protected health information** unless specifically requested through secure channels.

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### 4. Collaboration with Healthcare Providers

If a client is currently under the care of a physician, therapist, or other healthcare professional, Invictus recommends that the client:

- Follow the guidance of their healthcare provider
  - Obtain clearance for exercise when appropriate
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### 5. Emergency Situations

Invictus Sports Performance and Fitness does **not provide emergency or urgent medical services**.

If you are experiencing a medical emergency, call **911 or seek immediate medical attention**.

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## Cookie Policy

This website may use cookies to enhance user experience and analyze website traffic. Cookies are small data files stored on your device when you visit a website.

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### Types of Cookies Used

- Essential Cookies
    - Required for basic website functionality.
  - Analytics Cookies
    - Used to measure website performance and visitor behavior.
    - These cookies help us understand:
      - How visitors find the website
      - Which pages are most popular
      - How users navigate the site
  - Managing Cookies
    - You may disable cookies through your browser settings. Disabling cookies may affect website functionality.
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### Results & Testimonials Disclaimer

- Any testimonials, success stories, or examples of results presented on [invictussports.org](http://invictussports.org) are individual experiences.
- They are not guarantees of results.
- Fitness outcomes vary based on factors including:
  - Consistency
  - Effort
  - Nutrition
  - Genetics
  - Health status
- Individual results will differ.
- Invictus Sports Performance and Fitness does not guarantee specific results such as:
  - Weight loss
  - Muscle gain
  - Athletic performance improvements
- Participation in training programs requires personal commitment and effort.