

Cookie Policy

1. Introduction

This Cookie Policy explains how **Be Business Fit** ("we", "our", or "us") uses cookies and similar technologies to recognise you when you visit our website (the "Site"). It explains what these technologies are and why we use them, as well as your rights to control our use of them.

We recommend you read this policy alongside our [Privacy Policy](#) for a full explanation of how we use personal data.

What Are Cookies?

Cookies are small data files that are placed on your device when you visit a website. They are widely used to make websites work more efficiently, as well as to provide reporting information and support personalisation and security.

Types of Cookies We Use

We use the following types of cookies on our Site:

1. Essential Cookies

These cookies are necessary for the website to function properly. They enable core functionality such as security, network management, and accessibility. These must always be on and do not require consent.

2. Performance and Analytics Cookies

These cookies help us understand how visitors interact with the website by collecting and reporting information anonymously. We use tools like Google Analytics to gather this data.

3. Functionality Cookies

These allow the Site to remember choices you make (such as your language or the region you are in) to provide enhanced, more personal features.

4. Marketing and Advertising Cookies

These Cookies are not essential. You can decide not to give consent if you choose, but it may affect the usability and appearance of the site for you. They may be set through our site by advertising partners and may be used to build a profile of your interests and show you relevant ads on other sites.

5. Third-Party Cookies

In some cases, we also use cookies provided by trusted third parties. For example, we use:

- **Google Analytics** – to understand how you use our Site and improve your experience.
- **Meta Pixel** – to measure the effectiveness of our Facebook and Instagram campaigns.
- **Managing your Cookie Preferences** - When you first visit our website a Cookie banner will pop-up to show you the choices you have. After that you can manage your cookie preferences by adjusting the settings in your browser. Most web browsers allow some

control of most cookies through the browser settings. For more information on how to control cookies, visit: www.aboutcookies.org.

These third parties may collect data under their own privacy policies.

Please note that disabling cookies may affect the functionality of this and many other websites that you visit.

Changes to This Policy

We may update this Cookie Policy from time to time in order to reflect changes to the cookies we use or for other operational, legal, or regulatory reasons. Please revisit this page regularly to stay informed.

Contact Us

If you have any questions about our use of cookies or this policy, please contact us at:

Be Business Fit Ltd

Lambourne House, Lambourne Crescent, Llanishen, Cardiff, CF14 5GL

Version 2.0 - last updated June 2025

