

Cookie Policy

Last Updated: January 18, 2026

SARAS Fitness, LLC (“SARAS,” “we,” “us,” or “our”) uses cookies and similar tracking technologies on the SARAS.com website (the “Website”). This Cookie Policy explains what cookies are, how we use them, your choices regarding cookies, and how cookies relate to your privacy rights under applicable U.S. state laws.

This Cookie Policy should be read together with our Privacy Policy, which provides additional information about how we collect, use, and protect your personal information.

What Are Cookies?

Cookies are small text files that are stored on your device (computer, tablet, or mobile phone) when you visit a website. Cookies allow websites to recognize your device and remember information about your visit, such as your preferences, login status, and browsing activity.

Cookies can be “first-party” (set by the website you are visiting) or “third-party” (set by a domain other than the website you are visiting). Cookies can also be “session” cookies (which expire when you close your browser) or “persistent” cookies (which remain on your device for a set period or until you delete them).

Similar Technologies

In addition to cookies, we may use other similar tracking technologies, including:

- **Pixels (Web Beacons):** Small transparent images embedded in web pages or emails that allow us to track whether a page or email has been viewed.
- **Local Storage:** Technology that allows websites to store data locally on your device, similar to cookies but with greater storage capacity.
- **Device Fingerprinting:** Techniques that collect information about your device configuration to identify it across sessions.
- **SDKs (Software Development Kits):** Code integrated into mobile applications that can collect information about app usage.

References to “cookies” in this Policy include these similar technologies unless otherwise specified.

Types of Cookies We Use

We use the following categories of cookies on our Website:

Cookie Category	Purpose	Can You Opt Out?
Strictly Necessary	Essential for the Website to function. These cookies enable core functionality such as security, network management, and account access. The Website cannot function properly without these cookies.	No. These cookies are required and cannot be disabled.
Performance / Analytics	Help us understand how visitors interact with our Website by collecting and reporting information anonymously. We use this data to improve our Website and services.	Yes. Via cookie banner, browser settings, or GPC signal.

Functional	Enable enhanced functionality and	Yes. Via cookie banner or
	personalization, such as remembering your preferences, language settings, or region. If you disable these cookies, some features may not work properly.	browser settings.
Targeting / Advertising	Used for marketing attribution or promotional measurement, if and when enabled.	Yes. Via cookie banner, browser settings, GPC signal, or opt-out links.
Social Media	Enable social sharing features or embedded media, where such features are enabled.	Yes. Via cookie banner, browser settings, GPC signal, or social platform settings.

Specific Cookies and Third Parties

We may use third-party services to support analytics, website functionality, and marketing efforts. The use of specific third-party cookies depends on which features are enabled at any given time.

Examples of third-party services that may be used include analytics providers (such as Google Analytics) and embedded media providers. We update this list as technologies are enabled or disabled.

This list may not be exhaustive. Third parties may update their cookies independently, and we update this list periodically.

Your Cookie Choices

You have several options for managing cookies:

1. Cookie Consent Banner

Where required by law, we provide a cookie consent banner that allows users to manage preferences.

2. Global Privacy Control (GPC)

We recognize and honor Global Privacy Control (GPC) signals. If your browser or device sends a GPC signal, we will automatically treat this as a request to opt out of:

- The sale or sharing of your personal information
- Targeted advertising cookies
- Cross-context behavioral advertising

When we detect and honor a GPC signal, we will display a visible confirmation message on our Website. To enable GPC, visit your browser's privacy settings or install a browser extension that supports GPC.

3. Browser Settings

Most web browsers allow you to control cookies through their settings. You can typically: •

View what cookies are stored on your device

- Delete some or all cookies
- Block all cookies or only third-party cookies
- Configure settings for specific websites

For more information on managing cookies in your browser:

- **Chrome:** <chrome://settings/cookies>
- **Firefox:** <about:preferences#privacy>
- **Safari:** Preferences > Privacy
- **Edge:** <edge://settings/privacy>

4. Industry Opt-Out Tools

You can opt out of interest-based advertising from participating companies through:

• **Digital Advertising Alliance (DAA):** <https://optout.aboutads.info>

- **Network Advertising Initiative (NAI):** <https://optout.networkadvertising.org> 5.

Mobile Device Settings

On mobile devices, you can limit ad tracking through your device settings:

- **iOS:** Settings > Privacy & Security > Tracking
- **Android:** Settings > Privacy > Ads

Consequences of Disabling Cookies

If you choose to disable or reject cookies, please note that:

- Some features of our Website may not function properly
- You may need to re-enter information each time you visit
- Your preferences may not be remembered across sessions
- You may still see advertisements, but they will not be tailored to your interests. Disabling

strictly necessary cookies may prevent you from using certain features of the Website.

Your Rights Under State Privacy Laws

Residents of states with comprehensive privacy laws have specific rights related to cookies and tracking technologies:

Right to Opt Out of Sale/Sharing

Many state laws, including those in California, Colorado, Connecticut, Texas, Virginia, and others, give you the right to opt out of the “sale” or “sharing” of your personal information. Under these laws, the use of certain advertising cookies may constitute a “sale” or “sharing.” You may exercise this right by:

- Using our cookie consent banner to reject targeting/advertising cookies
- Enabling Global Privacy Control (GPC) in your browser
- Contacting us at privacy@saras.com

Right to Opt Out of Targeted Advertising

You may opt out of the processing of your personal information for targeted advertising purposes. Targeted advertising involves using information collected from your activities across websites to predict your preferences and show you relevant ads.

Universal Opt-Out Mechanisms

As of January 2026, the following states require businesses to honor universal opt-out mechanisms such as Global Privacy Control: California, Colorado, Connecticut, Delaware, Indiana, Kentucky, Maryland, Minnesota, Montana, Nebraska, New Hampshire, New Jersey, Oregon, and Texas. We honor GPC signals from all visitors, regardless of location.

Do Not Track Signals

Some browsers offer a “Do Not Track” (DNT) setting. DNT is a preference you can set in your browser to inform websites that you do not want to be tracked.

We do not currently respond to DNT signals because there is no industry-wide standard for how to interpret them. However, we do recognize and honor Global Privacy Control (GPC) signals, which provide a standardized mechanism for communicating your opt-out preferences.

Information Collected Through Cookies

Cookies and similar technologies may collect the following types of information:

- IP address and approximate location
- Browser type and version
- Operating system
- Device type and screen resolution
- Referring URL and pages visited
- Time and date of visits
- Links clicked and content viewed
- Language preferences
- Unique identifiers (cookie IDs, device IDs)

For more information on how we use this data, please see our Privacy Policy.

Cookie Retention Periods

Different cookies have different retention periods:

- **Session cookies:** Deleted when you close your browser
- **Persistent cookies:** Remain on your device for a set period (typically 30 days to 2 years) or until you delete them
- **Third-party cookies:** Retention periods are set by the third party; please refer to their privacy policies

Changes to This Cookie Policy

We may update this Cookie Policy from time to time to reflect changes in our practices, technology, legal requirements, or for other operational reasons. We encourage you to review this Policy periodically.

The “Last Updated” date at the top of this Policy indicates when it was last revised.

Contact Us

If you have questions about this Cookie Policy or our use of cookies, please contact us:

Email: sarasfit.help@gmail.com

Mail:

SARAS Fitness, LLC 4604 Alexandra Drive Colleyville, TX 76034

For more information about how we collect, use, and protect your personal information, please see our [Privacy Policy](#).