

# Terms of Use: VeltaCalc.co.uk

Last updated: 26 March 2026

Please read these Terms of Use carefully before using <https://veltacalc.co.uk>. By accessing or using VeltaCalc, you agree to be bound by these terms. If you do not agree, please do not use the site.

## 1. About VeltaCalc

VeltaCalc.co.uk provides free online fitness calculators for informational and educational purposes. The tools are designed to offer general estimates to support your fitness planning.

## 2. Not Medical Advice

**IMPORTANT:** The calculators, results, and content on VeltaCalc are provided for general informational purposes only. They do not constitute medical advice, diagnosis, or treatment.

Results produced by our tools, including but not limited to calorie targets, BMI scores, body fat estimates, and macro splits, are estimates based on mathematical formulas. Individual results will vary based on factors that cannot be captured by an online calculator.

You should always consult a qualified healthcare professional, registered dietitian, or certified fitness professional before making significant changes to your diet or exercise routine, particularly if you have any existing health conditions.

## 3. Accuracy of Information

We make reasonable efforts to ensure the accuracy of our calculators and content. However, we do not warrant that:

- Results will be accurate for every individual
- The site will be free from errors or interruptions
- Information will be up to date at all times

Fitness and nutritional science evolves over time. Formulas used in our calculators represent current best practice but may not account for every individual circumstance.

## 4. Use of the Site

By using VeltaCalc, you agree to:

- Use the site for lawful, personal purposes only
- Not attempt to reverse engineer, scrape, or reproduce our tools without permission
- Not use the site in any way that could damage, disable, or impair the service
- Not attempt to gain unauthorised access to any part of the site or its infrastructure

## 5. Intellectual Property

All content on VeltaCalc.co.uk, including but not limited to calculator designs, guides, text, graphics, and branding, is the property of VeltaCalc and is protected by copyright. You may not reproduce, distribute, or create derivative works from our content without our written permission.

You are welcome to link to VeltaCalc from your own website or content.

## **6. Limitation of Liability**

To the fullest extent permitted by law, VeltaCalc and its operators shall not be liable for any direct, indirect, incidental, consequential, or special damages arising from your use of the site or reliance on any information or results provided.

This includes, without limitation, any harm arising from following dietary, exercise, or health decisions made based on results from our calculators.

## **7. Third-Party Links**

VeltaCalc may contain links to third-party websites. These links are provided for convenience only. We have no control over the content of third-party sites and accept no responsibility for them or for any loss or damage that may arise from your use of them.

## **8. Accounts and Pro Features**

If you create an account or subscribe to a Pro plan, you are responsible for maintaining the confidentiality of your account credentials. You agree to notify us immediately of any unauthorised use of your account.

We reserve the right to suspend or terminate accounts that violate these Terms of Use.

## **9. Changes to These Terms**

We may update these Terms of Use from time to time. The "Last updated" date at the top of this page will reflect any changes. Continued use of the site after changes are posted constitutes your acceptance of the updated terms.

## **10. Governing Law**

These Terms of Use are governed by and construed in accordance with the laws of England and Wales. Any disputes arising from these terms or your use of the site shall be subject to the exclusive jurisdiction of the courts of England and Wales.

## **11. Contact Us**

If you have any questions about these Terms of Use, please contact us at:

contactveltaco@gmail.com