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Completing your corporate wellness program

Hamilton, OH: wellness4one, an online provider of personalized health and fitness training, announces the launch of wellness4one Enterprise; an effective, intelligent fitness and nutrition system optimized for corporate wellness programs.

"Healthy employees have lower health care costs, absenteeism and stress. In order to maintain a healthy bottom line, businesses have come to realize that they need to look for ways to keep their employees fit," says Joseph Kennedy, founder of wellness4one.com. "With the services of wellness4one Enterprise, you can give your employees customized fitness programs and the tools to track their challenges and successes."

While many websites promote fitness or dieting, few combine the two factors which are essential for true health and vitality. Fewer still combine them in a way that is simple to manage in an enterprise environment. wellness4one.com offers a rich, intuitive user experience and a powerful, easy-to-use administration interface.

wellness4one (available online at <http://www.wellness4one.com>) provides personalized fitness training programs as well as online workout and calorie tracking. Members get periodic checkups to monitor progress, reporting tools for evaluating workout and diet effectiveness, custom member-entered exercises and foods, iPhone compatibility and cell phone logging.

Among the more ingenious features, the Virtual Trainer acts as a personal trainer for subscribing members. This option designs workouts based on strength and cardiovascular evaluations as well as user goals. It then monitors progress and adjusts workouts for users as needed or completely redesigns workouts once progress slows.

Most services on wellness4one Enterprise are offered free of charge, enabling the employees of all businesses and organizations to benefit from the massive health benefits of enhanced fitness. These include reduced chances of heart disease and hypertension, lower stress and higher energy levels, weight reduction and weight management.

About wellness4one

wellness4one.com was founded under the principle of helping its members achieve the best physical condition of their lives. Through online tools

and technology, the firm strives to help evaluate member health, plan for improvement and motivate them to reach their goals. wellness4one is dedicated to providing low cost and no cost services to those seeking help with their health through nutrition and fitness. For more information, please visit <http://www.wellness4one.com>.