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WELLNESS ON THE GO

Wellness4one Releases Mobile Health and Wellness Services

Hamilton, OH: wellness4one, an online provider of personal trainer, individual and corporate health and wellness programs, announces the launch of wellness4one Mobile for iPhone; an effective fitness management system for iPhone and iTouch users looking to get in better shape. wellness4one Mobile for iPhone is a free, Apple-based interface capable of retrieving and logging any fitness activities.

“We realized early on that any computer-based health and fitness system was very limited without mobile interfaces.” says Joseph Kennedy, founder of wellness4one.com. “With wellness4one Mobile, anyone can log a workout while in the gym or log calories at a restaurant.”

wellness4one (available online at <http://www.wellness4one.com>) provides each member with free personalized fitness training programs as well as online workout and calorie tracking. Members may record periodic checkups to monitor progress and perform cardio and strength evaluations. Reporting tools are available to assess workout and diet effectiveness and help determine when fitness routine or diet changes might be necessary.

With wellness4one Mobile, nearly any Internet-enabled cell phone or mobile device can access the wellness4one workout and calorie logs simply by directing its browser to <http://mobile.wellness4one.com>. The wellness4one Mobile for iPhone software is a device-specific version that takes advantage of the Apple platform’s unique features and capabilities.

wellness4one Mobile for iPhone is ad-supported and offered free of charge from Apple’s App Store under the name: wellness4one Personal Fitness. This version allows users to log new exercises, edit previous workouts or copy a prior workout to use as a template for a new workout. The software is user-customizable and permits the logging of any exercise or physical activity.

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>.