

FOR IMMEDIATE RELEASE

Contact information:

Joseph Kennedy

Phone: 513.225.6227

Web: <http://www.wellness4one.com>

Email: jkennedy@wellness4one.com

WELLNESS GETS PERSONAL

Wellness4one Releases Health and Wellness Services to the Public

Hamilton, OH: wellness4one, an online provider of corporate health and wellness programs, announces the launch of wellness4one Personal; an effective, personalized fitness and nutrition system for anyone looking to get in better shape. With wellness4one Personal, many of the tools previously reserved for employees in a corporate wellness program are now available to the public.

“Two out of three adults in the United States are overweight and one-half of those are considered obese.” says Joseph Kennedy, founder of wellness4one.com. “With wellness4one Personal, anyone can use our tools to evaluate their current condition, design a customized fitness program and diet regimen, set goals and then receive progress reports on demand.”

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 get periodic checkups to monitor progress, reporting tools for evaluating workout and diet effectiveness, custom member-entered exercises and foods, iPhone compatibility, mobile phone logging and even a new Facebook interface.

wellness4one differentiates itself from other websites by emphasizing both fitness training and calorie reduction. By tracking both of these weight control facets at once, wellness4one can provide real-time calorie accounting which details whether the member is gaining or losing weight at any moment.

All services on wellness4one Personal are offered free of charge, enabling anyone to take advantage of the massive health benefits of enhanced fitness and weight control. These benefits include: reduced chances of heart disease, diabetes 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>.