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Wellness4one.com Releases Free Client Fitness and Nutrition Tools for Personal Trainers and Coaches

Wellness4one.com is offering free online client management tools to personal trainers, coaches and other fitness professionals. wellness4one Trainer is designed to provide both fitness professionals and their clients with instant online access to checkups, fitness evaluations, goals, workout routines, fitness logs, diet tracking, calorie logs, reports, and more. wellness4one Trainer is available online, through Facebook, or on mobile devices and cell phones.

Hamilton, OH (PRWEB) October 22, 2008 -- wellness4one, an online provider of personal fitness and corporate health and wellness programs, announces the launch of wellness4one Trainer; a free, online management system that allows fitness trainers and coaches to design, track and evaluate the fitness and nutrition of their clients. With wellness4one Trainer, the state-of-the-art tools found in wellness4one Personal are supplied to clients, while effective and comprehensive administrative tools are given to their trainers and coaches.

“We always knew we would be gearing a specific toolset toward personal trainers and coaches.” says Joseph Kennedy, founder of wellness4one.com. “With the success of the free wellness4one Personal services, we decided to push the envelope and provide free, ad-supported tools to health and fitness professionals as well. We actually see these tools reaching far beyond personal training and coaching into police and fire departments, the military and any other organization requiring exceptional physical performance from their employees.”

wellness4one (available online at <http://www.wellness4one.com>) takes the client tools currently found in wellness4one Personal and wraps those capabilities with advanced advisory functions into wellness4one Trainer. This system provides clients with a free repository for their health, fitness, nutrition and wellness information. It also provides personal trainers, coaches and other fitness professionals with the management tools to help clients reach their goals.

To use wellness4one Trainer, the fitness professional simply creates a free online account at wellness4one.com. Then, they use the administration functions to invite clients to join via email. Once the invitation is accepted, both trainer and client have access to create, edit and view goals, fitness evaluations, fitness routines, workout logs, calorie logs and progress reports. Standard browser support, mobile phone and

Smartphone logging, iPhone compatibility and a Facebook interface allow trainers and clients to access their accounts at home, the gym or around the world.

About wellness4one

wellness4one, founded on the principle of helping our members achieve the best physical condition of their lives, designs online tools and technology to 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>.