

Snap Fitness Launches Partnerships with Leading Online Health

Snap Fitness, the rapidly expanding franchisor of compact, 24-hour fitness clubs, announced strategic partnerships with three of the leading workout program companies: Bioceutica, Health Solutions Ltd. and HyperStrike. The partnerships give club members access to customizable online fitness, health and wellness planning tools that supplement the traditional gym workout programs.

By visiting www.mysnapfitness.com

Personal Web Page, members can take advantage of online fitness features at any time from home, work, the gym or on the go. The workout programs and fitness features allow them to:

- * Learn their true "health age" and build a Personal Wellness Plan
- * Talk confidentially to health and wellness coaches by phone to prioritize and achieve their health goals
- * Create customized workout programs that can be tracked daily and supported with 3-D animated home workout (http://www.hyperstrike.com/popular_exercises.aspx)

Assess their nutritional habits and tailor meal plans to hit their weight goals

- * Order supplements that are customized to each individual's unique biochemistry, similar to what professional athletes rely on
- * Track their monthly club attendance for employer or insurance-plan reimbursement
- * Schedule fitness assessments and equipment orientations, and more

Most of the new online fitness (<http://www.hyperstrike.com/pages/Fitness/>)

Peter Taunton, founder and CEO of Snap Fitness.

"The 24-hour fitness category is becoming more competitive and mature, and in the long run, it will be the innovative concepts that thrive," said Taunton, a 25-year fitness industry veteran whose scaled-back concept ranks #3 on Entrepreneur Magazine's list of Top New Franchises.

"Strategically, these workout programs and online fitness services provide a competitive advantage; create new revenue and member retention opportunities for our franchisees; and, most importantly, give our members more ways to set and reach their personal fitness goals," Taunton stated. "We're all about providing our members a better workout experience, helping them achieve better results and giving them more for their money. That's the surest way to achieve sustainable growth."

The new services and support align with Snap Fitness' "Be Well" branding tagline, which encourages members to not only get fit, but to embrace overall wellness.

PARTNER COMPANIES

HyperStrike

Founded in 2006, HyperStrike is an interactive online fitness service providing members with innovative individualized workouts developed by a team of world-class certified personal trainers. Utilizing cutting-edge 3-D video instruction and comprehensive training resources, HyperStrike empowers and motivates people exercising at health clubs to accelerate the achievement of their personal fitness goals. The company's website is www.HyperStrike.com

Using HyperStrike's free Online Training Center, Snap Fitness members can create a customized workout routine, download it to a mobile device for use at the club and track progress. The free service includes access to a library of fitness and nutrition articles. Members can also take advantage of the company's Online Nutrition and Meal Planning, which provides calorie and diet recommendations tailored to individual needs. The Cupertino, Calif.-based company is led by Founder CEO Michael Greeves, a certified personal trainer with over 14 years of experience in the fitness industry.

Bioceutica

Founded in 1997, Bioceutica is the first company to make customized, scientifically-tested nutritional supplementation affordable and thus available to most Americans. Bioceutica's formulary has been supplying health care professionals with quality supplements for over 50 years. Its clients include prominent celebrities, athletes and professional sports teams. The company's website is <http://www.bioceutica.com/>

The Newbury, Mass.-based company is led by CEO Lou DeCaprio.

Health Solutions Ltd.

Founded in 2003, Wisconsin-based Health Solutions provides employee wellness and health promotion services to a variety of manufacturing, service and professional companies nationwide. The company's two founders have a combined 65 years experience in health care clinical practice, administration and population health management. The company's website is www.healthsolutionsltd.com

By completing a confidential, online health risk assessment, Snap Fitness members can learn their true "health age" and receive a customized report with prioritized recommendations to achieve improved health. Health and wellness coaches are available by phone for a fee. The Sheboygan, Wisc.-based provider is led by Founder and President Patrick Trotter, MPH, FACHE.

About Snap Fitness

Fresh off its #1 ranking on Franchise Market's Top 100 New Franchises and #3 ranking on Entrepreneur Magazine's list of Top New Franchises, Snap Fitness is experiencing phenomenal growth with more than 1,300 locations sold nationwide, newly-opened locations in Canada and some 30-40 new stores added monthly. Founded in 2003 by CEO Peter Taunton, the Chanhassen, Minn.-based franchisor offers compact, state-of-the-art, 24-hour fitness clubs that emphasize fast, convenient and affordable workouts in neighborhoods across North America. For more information, visit [snapfitness.com](http://www.snapfitness.com) (<http://www.snapfitness.com>)

Orlando, Florida

November 28-Dec. On the 1st section 26 of the Sports Exhibition economic magazine in the United States trade - Florida

51FIT.CC will participate in the exhibition are as follows:

March 28 -31, 26-IHRSA, the International Council and the General Assembly Fitness USA - San Francisco

4, 20-22 FILEX Fitness Education Exhibition Australia - Sydney

July 17 -29, 2007 Beijing International Conference fitness China - Beijing

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About the Author

From www.pr-usa.net:

Recreation Management magazine is the number one fitness. FitnessWorld web site presents Fitness Management magazine that was created. Epinions has the best comparison shopping information on Fitness Management Magazine. Compare prices from across the web and read reviews. Frequently, the suit names the employee, management, fitness center, equipment manufacturer and others as defendants. But the fitness. Recreation Management magazine is the number one fitness, sports and recreation information resource for recreation, sports and fitness. Among them are Health and Fitness magazine and Fitness Management magazine. Fitness management magazine subscription is available for fitness.

Blog Catalog is the premiere social blog directory on the internet. Search, Browse, Rate and Review thousands.

Fitness Management is the magazine for owners, managers and program directors in physical fitness facilities, emphasizing facility management.

Circulation Management Magazine. Brodey also was fitness and lifestyle director of Self and executive editor.

