

## **The Future of Fitness.....is NOW on the Web**

*By eFitness for Life*

*Dated: Jun 08, 2009*

*Announcing the launch of the ALL NEW eFitness for Life products, services and website! For anyone looking to take control of the health and wellness, without massive inroads on your time or money, give eFitness for Life a try. Risk-Free Trials!*

The Future of Fitness.....is NOW on the Web

Worldwide. We are excited to announce the launch of the new eFitness for Life website!

[www.efitnessforlife.com](http://www.efitnessforlife.com)

“This WILL be the FUTURE of Fitness and we intend to LEAD!” says the founder of eFitness for Life, Jason Horsley

“In my 15+ years in fitness, I have seen far too many people give up on reaching their goals to a happier, healthier lifestyle. More often than not, this is due to either a lack of knowledge, time or ability to afford conventional personal training and nutrition methods that are available.”

Conventional personal trainers cost anywhere from \$40-\$100 per hour. ONE HOUR! Usually, these sessions will include only one or two body parts as well! And very rarely, if ever, will they include nutritional counseling or planning! eFitness for Life has found a way to bring full-service nutrition coaching and personal training, via the World Wide Web and the use of email, text, telephone and video coaching, to anyone and everyone that really wants to get in better SHAPE.

“With the use of our state of the art software and the world wide web, we have found affordable, convenient way to bring fitness to anyone, anywhere. We offer you far MORE than the standard ONE HOUR training session you'll find in any gym or studio.”

eFitness for Life services include it ALL!

- Unlimited 24/7 Access to Your Own Certified Coach/Trainer
- Personalized Nutrition Plans, Based on Your Needs
- Fast Food Options
- A Personal Meal Planner
- A Personal Meal Log
- Automatically Created Grocery Lists, Based on Your Assigned Menus
- Menus Created Based on YOUR Food Preferences or Needs
- Personalized Cardiovascular, Resistance and Stretching Plans
- A Personal Exercise Log
- Detailed Exercise Descriptions, Photos and Videos
- Exercise Plans Created Based on YOUR Options (Home, Gym, No Equipment)
- Online Exercise and Nutrition Journals and Tracking
- CONSTANT COMMUNICATION with Your Coach/Trainer (The Reason we are Different)
- Remote Wholistic Kinesiology Sessions with Lynn Higgin
- Video Coaching via download and/or stream (programs include boot camps, golf fitness, pre-natal fitness, cycling, triathlon training, resistance training, stretching, and more)

Visit us today at [www.efitnessforlife.com](http://www.efitnessforlife.com) We are “The Future of Fitness”!

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eFitness for Life provides affordable, convenient alternatives to conventional, expensive dietitians and personal training. Our online fitness and nutrition coaching can help anyone, anywhere, get in shape, feel better and live longer, healthier lives.

Category	Fitness, Health, Lifestyle
Tags	Fitness, nutrtrition, Diet, exercise, Wellness, Health, cardio, weight training, working out, gym
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