



***better****me*  
better you

# Get on track to a healthier you!

Welcome to the most powerful way to boost your training, plan your ongoing health, and track your progress.

BetterMe is the world's first social fitness system, allowing you to share tips and tricks with your friends, compete with your colleagues, or simply compare results.

*Empower yourself to achieve your personal goals and create a better you*



## Track fitness and nutrition

Create your own plan for ongoing fitness, including a comprehensive database of exercises and nutritional information; then track your progress toward achieving your health goals with on-the-go updating.



## Find and book Personal Trainers

Find, book and contact a personal trainer near you, Share your progress and keep in touch with your PT online.



## Connect and compete

Compare and compete with your friends and colleagues online – challenge a friend to beat your personal best or spontaneously organise a group bike ride or pick-up game.

**BetterMe – the path to a better you.**