

BetterMe for You



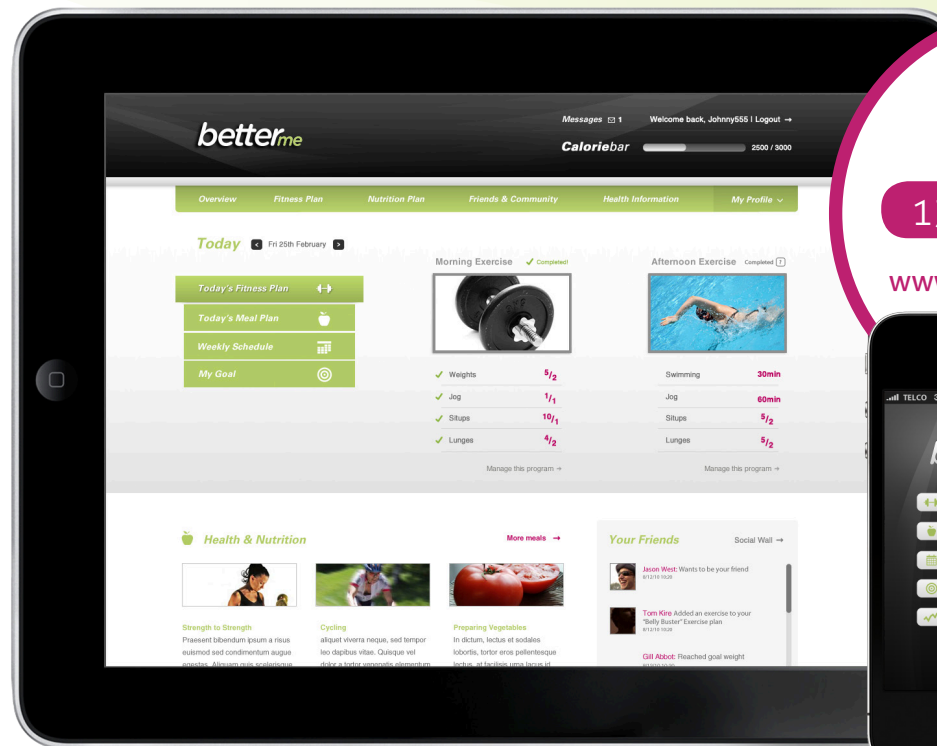
better*me*
better you

betterme

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 with our vast library of work-outs, meals, and health news and articles, or connect with a personal trainer to give you a helping hand.

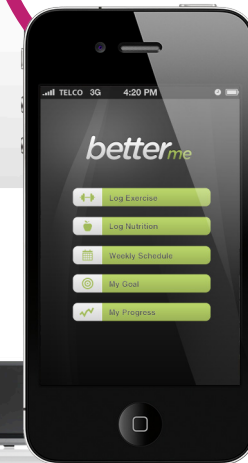
What are you waiting for? Get Online Now!



Call us on

1300 123 007

www.betterme.com.au



Exercise library

Do it yourself - add, share, and modify your own exercise plans based upon our extensive fitness library.



Nutrition plan

You are what you eat - create and browse eating plans, then easily track your daily diet along with caloric and nutritional information.



Track weight and progress

Set personal goals, Log exercise routines, personal bests, weight, and more to create a history of your fitness successes.



Health news & articles

Keep up to date with the latest in health and fitness news or browse through exercise and nutrition guides.



Book a personal trainer

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



Join groups & connect with friends

Join and create groups with ease - spontaneously organise a group bike ride or a game with friends, or local BetterMe members.