



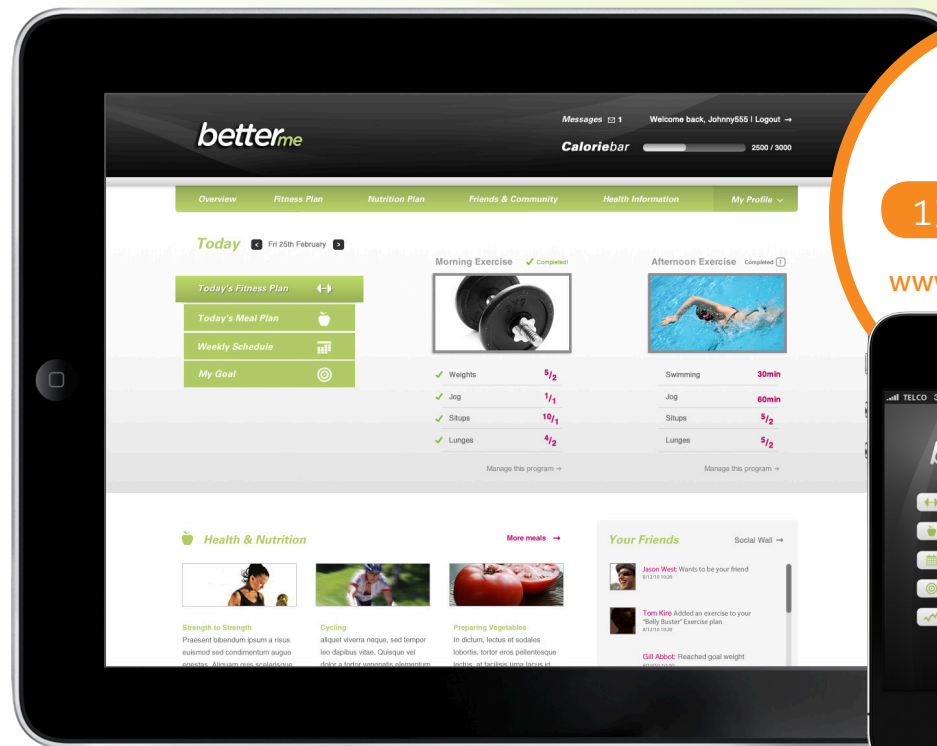
betterme
better you

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.

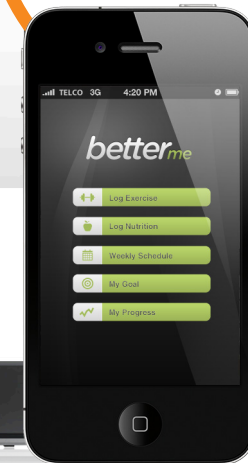
What are you waiting for? Get online now!



Call us on

1300 123 007

www.betterme.com.au



Build and share fitness plans

Draw upon our comprehensive database of exercises to construct a unique workout for your clients and share with the BetterMe community.



Health news & articles

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



Social fitness

Create groups for your clientele, organise weekly workouts in the park, or a group jog. Share tips and watch your clients compare and compete.



Monitor nutrition plan

Construct personal eating plans and monitor what your clients are eating, including automatic generation of fat intake, caloric intake, and more.



Progress tracking

Keep your clients motivated in between your sessions. Monitor completed exercises, keep an eye on their stats and congratulate their PBs.



A new client source

Many BetterMe users join our system without a PT to help guide them. Start reaping the benefits of a motivated group of potential clients today!