

Internet site offers one-stop health plan

BY MICHELLE MAGNAN, CANWEST NEWS SERVICE FEBRUARY 7, 2009

Enlisting the help of a team of health professionals is a pricey endeavour that's unrealistic for most.

That's why Jeff Funnekotter, president of Calgary-based Random Acts of Fitness, is offering an online program that rolls the services of a personal trainer, meal planner, nutritionist and more into one virtual stop, called Total Wellness.

Prices vary, but with a six-month membership that costs only \$35 a month, it seems like a reasonable cost for a comprehensive, user-friendly health tool.

When you log into Total Wellness, you'll fill out a basic form about your overall health and then answer detailed questions regarding five areas of health -- nutrition, exercise, vitamins, attitude and sleep.

Based on your answers and the goals you identify, the program will generate everything you need to stay organized and healthy, with outputs ranging from detailed workout plans with videos that explain every move to automatically generated shopping lists based on your individualized nutrition plan and more.

You can even track your progress on a virtual being that morphs to the measurements you provide of yourself.

Use only one part of the program -- say, nutrition, to have a meal plan made for you -- or use all five, which will help overhaul your health.

"The holistic approach is relatively old in that people know that you need all these aspects to be truly healthy," says Funnekotter.

"What's new is the modern twist to it -- the fact that it's all online. You don't need to stand next to a trainer anymore; you don't need to sit down for an hour and a half with a nutritionist. The convenience factor of this is huge."

For more information about Total Wellness, check out rafitness.ca/totalwellness or e-mail info@rafitness.ca. Corporate rates are also available.

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