

## PROMOTE AMENITIES

Awaken clients to amenities they didn't know you offer. Member pages on bodyspex.com feature information about your facility. The dynamic co-branding "sidebar" highlights the programs, classes and amenities you want to promote as your clients move from page to page. They'll see class schedules, trainer staff, day care hours or even coupons for your juice bar or other services you provide.

## BOOST YOUR TRAINER PROGRAM

The BodySpex Scale is a great place to start any personal training program or tour of your facility. This quick and easy non-invasive body composition analysis creates a dialogue that immediately involves and engages your clients or prospects. With a weight goal and

**BodySpex** Fitness Tracking Made Easy!

Member Login    [Need Help?](#)

Myspex | Workout | Nutrition | Community | Magazine

**Redondo Beach**  
South Bay's #1 Health Club!

### Exercise Evaluation

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Don't have two weeks History yet? No problem Request a consultation.

First Name  Last Name

### Evaluation Requirements

You must have a minimum two-week history in your exercise diary. You may request one evaluation per

Tell us a little more about yourself: your goals, workout-related questions, etc.

Please also evaluate the following:

My Meal Diary  My Spex

Privacy Notice: In order to complete your evaluation, it is necessary to access certain information stored in your private account. By checking the buttons above, you are agreeing to share this information with your assigned trainer.

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## INCREASE CLIENT COMMUNICATION

The screen on the BodySpex Scale is the perfect place to advertise your juice bar, massage service or anything else you want your members to know.

BodySpex.com creates a community connecting your staff to your members with forums, Blogs and email interaction.

Your club's customized webpage is an online newsletter informing members of what's hot in your club and fun new programs.

Engage your clients through competition with your own weight loss challenge. It's easy to implement and encourages staff participation.

Encourage member interaction by creating training clubs to prepare for a local marathon, triathlon, walk-a-thon or charity event.

and baseline instantly set they're already a part of the program. Plus, our easy-to-use scale lets clients test themselves prior to every session for continuous progress assessment.

BodySpex.com has a variety of tools and features to enhance your trainer program. The Trainer Consultation and Evaluation pages make it easy for your clients to ask for workout information or advice. Those requests go directly to your staff.

The Exercise Diary makes it simple for trainers requests go directly to your staff. And Graphing pages create a vivid picture of client's success. Now, they'll no longer get discouraged when they hit a weight plateau because they'll see the changes in their body composition.

### Body Measurements

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Have something else you want to track?

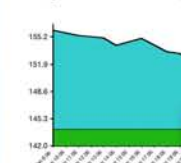
Date

Weight (lbs):   
 Body Fat %:   
 BMI:   
 Fat Mass (lbs):   
 Lean Mass (lbs):   
 Metabolism:   
 Goals  
 Body Fat %:   
 Weight (lbs):   
 Heart Rate  
 At Rest:   
 Target Rate (%):   
 Pulse Rate:

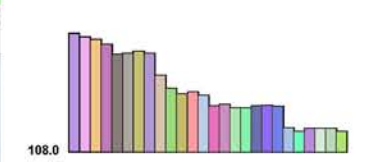


Neck  
 Shoulder  
 Chest  
 Bicep  
 Forearm  
 Waist  
 Hips  
 Thigh  
 Calf

Weight for all months (as of 02/08/06)



Lean Mass during last 3 months (as of 03/13/06)



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**My Spex**

info@mymediagroup.com  
Monday, March 13, 2006

Welcome to BodySpex, your personal fitness tracker. See the changes in your body every time you log on.

**Measure Success** Follow your daily progress

Day	Weight	Body Fat %
Day One	156.0	25.2%
Current	138.4 lbs	20.8%
Next Target	137.0 lbs	20.0%

**Your Progress** 17.4 lbs lost (-4.4% BF lost)

Your current goals: Last Test: 3/13/2006  
 Weight: 125.0 Times Tested: 1  
 Body Fat % 18.0% Last Signed In: First time  
 Log in times: 16

[Click here to update your member profile and goals.](#) [Click here to manage your account.](#)