

VIRTUAL Fitness

Ever googled 'weight loss', of 'exercise plans' on your lunch hour only to be confronted by pages and pages of irrelevant and inaccurate information? Well google no more, because we've compiled the very best in Self Development, Health, Functional Fitness and Fitness Fashion websites. Check them out in your lunch break!

Self Development

www.glowwomensfitnessonline.com.au

The aim of Glow Womens Fitness online is to help women transform their bodies and their lives by providing all the elements they need to take control and see measurable results.

Glow Women's Fitness Online is a premier online personal training and fitness coaching website offering a wide range of products and services to help you find your GLOW.

Glow Packages include "12 week non-surgical makeover" and "12 week total body transformation". Our packages set themselves apart offering live telephone fitness coaching and mentoring along with the most cutting edge and effective programming available.

Self-Directed Programs include all you need to successfully conduct your program at home and include eating and exercise plans, life strategy tips and self coaching strategies. On-line Fitness Journal allows you to log in each day and record your progress. The on-line journal is included in all programs and packages however membership to the fitness journal can be purchased separately.

We uniquely offer education in the form of e-courses to help you further your knowledge, find motivation and develop your own exercise and eating plans. You will be sent reading material and assignments to be completed



within the week and receive feedback each week via email. Webinars allows busy women to attend workshops and events on health and fitness topics without having to leave your home or office.

Don't wait another day to get the body you dream of and transform your life!

www.aokhealth.com



Jump onto the AOK website and you will be inspired by what the Power of Balance can do for you!. The home page brings you "the big picture" of who is AOK.

AOK specializes in bringing to you the World's best functional exercise and rehabilitation equipment. Empowering you to look after your self while you care for others. AOK is keeping you up to speed with the latest health trends, research and ground breaking news.

Learn about products you can purchase and resource them online. Searching through the AOK website you will come to know how their Australian Made duraDisc can help you with developing proprioception and ankle & foot rehabilitation, supported by evidence gained through the Deakin University. Click the events site to see AOK's involvement with leading Health and Fitness Organisations.

Consider functional sitting in the home office. You can use a mediBall, duraDisc or a Swopper! Download research documents and relative articles submitted to leading magazines such as Women's Health and Fitness. See how you can transform the mediBall from a chair to the best functional exercise equipment available.

Educating you to achieve fulfillment of a healthy lifestyle filled with vitality, AOK offers the opportunity to study with the Australian Graduate School of Health and Sport Science to increase your professional standards. Also online you will find available various invaluable research articles for you to download, books and DVD's for purchase, and access to the CHEK institute on the AOK website.

Products available at Rebel Sport, Workout World and logicalfitness.com

www.logicalfitness.com



Choose from the world's best brands and fitness products to use with Sport, Children, Rehabilitation and the Elderly. A massive number of products are available catering for all seasons ensuring better health. Get online to find "up to the minute" best selling health and fitness products.

Surpassed by none www.logicalfitness.com offers for sale products to be used for balance training, Pilates and Yoga, strength, performance, sport, recreation, therapeutic purposes, active sitting and reference materials.

Knowing the best products are available from AOK Health, quality is assured with a product guarantee against all manufacturing faults providing a replacement or refund during the warranty period.

When you want the leading Brands such as Body Blade, BOSU, Gymstick, Punch, Fitter, Trikke, Athlegen, Redcord and Royal Rest you know you can buy them for your home and business.

Meet leading authors including Kit Laughlin, Stuart McGill, Monica Rich, Mary E.Clancy and Paul Chek as you search to purchase their books and DVD's.

Logical Fitness is a secure transaction environment for e-commerce on the Internet. When you are logged in, your history is readily available. Search then create favourites lists of items you regularly purchase with Logical Fitness or wish to purchase in the future. When you "Check Out", shipping information and items ordered can be printed for your reference. Once your order has been dispatched, you will be sent an email so that you can anticipate delivery. Great service, sensational products – it's only logical

www.walkingwithattitude.com



All too often people want to improve fitness, gain vitality and manage weight but don't know where to start. Walkingwithattitude.com delivers the answers.

Put simply, WalkingwithAttitude.com offers effective online walking programs; its how these plans are presented that stands WalkingwithAttitude.com head and shoulders above other health and fitness sites.

Walking with Attitude founder, Kate Crosby explains "Its' all about giving you a greater sense of purpose, we give you more reason to tie up the laces and step out the door. We show you step by step how to get the results you want!"

We offer themed online walking programs, such as Drop a Jean size in Six Weeks to tighten and tone, Bust your Butt challenge – high intensity fitness plan designed to work you hard or the fun packed adventure of Pirates with Attitude - use a pedometer and strive for 10,000 steps or more a day. YOU choose the challenge that works best for you!

What makes WalkingwithAttitude.com so unique, each challenge has its own themed challenge map to track your progress, weekly and checkpoint newsletters bursting with tips and advice.

Real people who actively us walkingwithattitude.com have this to say,

"Motivation for exercising on a consistent basis has always been a struggle for me but now I can't miss a day and look forward to the next checkpoint"

" finished the drop a jeans size challenge and I am feeling great. It worked!! How fantastic to have my own personal trainer guiding and motivating me"

www.swim4fitness.com.au



Swim4Fitness™ is a web based program specifically designed for swimmers. The website, found at www.swim4fitness.com.au, features 130 downloadable lap sessions across four levels. The website also offers a log book to help you keep track of your swimming progress as well as jogging and cycling sessions. The log book tracks the distance traveled, average speed and calories burnt.

Seek advice on your swimming technique from Water Polo Olympian Jemma Brownlow who is featured on the site. Receive the newsletter packed with hints and tips on swimming technique and training sessions once every two months and challenge yourself to reach the next level in your swimming! The Swim4Fitness™ program is written in everyday language to allow swimmers of all abilities to download sessions and take them to the local pool.

Level 1: Calm & Stretch

Calm & Stretch will enable you to make the most out of your time in the water and will leave you feeling relaxed and refreshed.

Level 2: Tone & Shape Up

Progress from your current swimming capabilities through a gradual introduction of technique drills and equipment.

Level 3: Fitness

The Fitness section has been developed for swimmers who use the pool on a regular basis.

Level 4: Performance

The Performance level is designed for swimmers who are familiar with using interval training as part of their exercise routine, but are looking for something new to try.

Swim4Triathlon program is freestyle focused and prepares you for completing anything from a 400m sprint swim leg to the 3.8km challenge of an Iron Man.

www.bootycamp.net.au



Jump into bootycamp.net.au now to find out about the newest Australian fitness craze designed exclusively for women. Booty camp is run in a number of idyllic locations right around Sydney. Logon to the site to see what you can achieve through booty camp's unique outdoor fitness program which includes quality group fitness instruction in a fun and friendly environment without the costs associated with one on one training.

Within booty camp online you'll also discover fitness information and advice from some of our highly experienced personal trainers including the latest tips and tricks and recent articles for better health and fitness. Logon to get a better understanding of what booty camp is all about in FAQ's and while your there read up on how to improve your diet and wellbeing through our Nutritional advice page.

Explore our online shop which stocks exclusive designer fitness wear (that actually holds us in!), essential fitness extras, our favourite products and much more.

No matter what your fitness level is, logon to booty camp to kick start your fitness, maximize your health and wellbeing and experience the difference of training with a company that really cares about helping you achieve your personal fitness goals.

Simply click to be linked directly to www.bootycamp.net.au or call the booty camp team on 1300 66 77 08 to experience the booty camp difference today.

TBA

www.fgb.com.au



Looking for tips to get spots and stains out of carpet, banish dust mites from your bedding, treat tinea or manage coughs and colds naturally? It's all here.

As specialists in natural products, Felton Grimwade & Bickford's website is a treasure trove of articles, handy hints and ideas for total personal and household wellbeing.

We all love freebies, and you're in luck here – click on the link to be sent the famous FREE Bosisto's Eucalyptus handy hints brochure, a valuable home reference that'll have you feeling like Martha Gardener in no time! And eucalyptus oil is all natural which makes you environmentally-friendly too.

While you're there why not pick up tips about Bosisto's Tea Tree Oil and Lavender Oil, and find recipes for massage oils and foot baths to help relax and unwind.

Focusing on natural alternatives to medicines and chemicals, the "Natural Uses" page features condition-related articles on everything from Acne and Allergies, to Natural Cleaning or Iron Deficiency.

A new "What's New" story appears every month on the front page highlighting new product releases or latest research in complementary medicine.

Another fabulous feature of FGB's site is the regular prize giveaways. Look out for prize packs featuring Bosisto's Eucalyptus products, Euky Bearub, Clements Iron and more... it's as easy as clicking the links to enter.

Visit the website for your FREE Bosisto's Handy Hints brochure.

www.clayridge.com.au



Clayridge Honey is 100% pure, raw, unprocessed and completely natural Australian honey. It is not heat treated or pasteurised and has no chemical extenders or additives which means that the honey retains its natural antioxidants and associated health benefits.

Clayridge Honey is chemical free and is not blended which can result in a distortion of the natural honey taste and detract from your enjoyment of the uniqueness of the nectar collected by the bees.

Specialising in gourmet varieties, in particular those available from Australian native trees, means that Clayridge Honey will tantalise your tastebuds with its unrivalled flavour. All honey is distinctively different depending on the variety of flowers that the bees source the nectar from.

The most common response from Clayridge Honey customers upon sampling the product is "That tastes fantastic – exactly what old fashioned honey used to taste like".

Clayridge Honey is an Australian owned and family run beekeeping business in Basin View (Jervis Bay NSW, Australia). When you buy Clayridge Honey you are supporting an Australian Producer.

Clayridge Honey is available to you the way that nature intended and we would not have it any other way. Please visit our website at www.clayridge.com.au for more information and to view the full product range. Available in 375gm squeeze bottles, 500gm and 1kg jars as well as the option of honeycomb and beeswax products.

We offer a FREE HOME DELIVERY service to ensure freshly harvested honey is available to you at any time for maximum enjoyment by the whole family.

www.kurvaceous.com



Aerobics Oz Style is synonymous with Australian TV. It's been screening for over 25 years and is aired in 32 countries around the world. Kate McCracken has been a presenter on the show for three years, doing what she loves most- helping people to get fit and lead a healthier lifestyle. Kate has now branched out and developed her own company, Kurvaceous- Body Confidence.

Kurvaceous is an online store for health and fitness products including her own range of aerobics wear, protein powders, supplements, DVDs, fitness accessories, low carb snacks and everything you need to look good and feel great! Kate is particularly excited about her "Real Women Range" of aerobics wear which offers sizes 8 -28 for real women with real bodies.

There is also a "Health Zone" which gives readers free health & diet tips, recipes, fitness calculators, FAQ's and downloads. Kate also has a certificate in nutrition and offers weight loss consulting.

www.shespoke.com.au



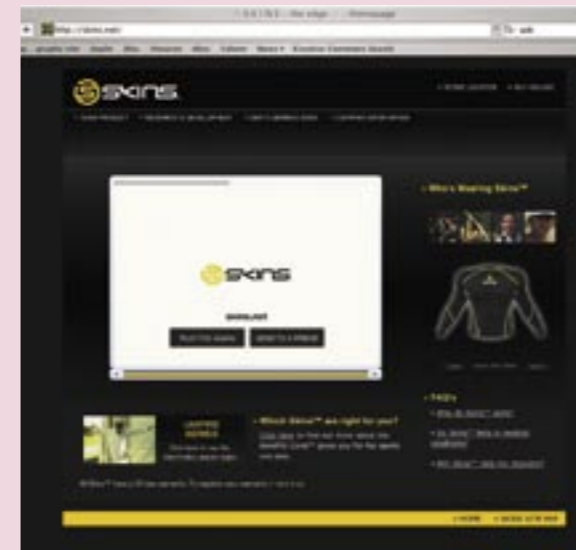
"To remain comfortable on even the shortest bike ride it is essential to ride in correctly fitting cycle wear, designed with the female anatomy in mind," said Liz Swinton, owner and founder of Australia's newest women's only cycle wear company SheSpoke.

"Chafing issues, from ill fitting or anatomically incorrect clothing, or odour control problems from poor fabric choices are complications that any woman cyclist does not want. Women have the right to expect their cycle clothing to be comfortable, 'body wise', to perform under all cycling conditions and, at the least, be feminine looking," she added.

"Women want their cycle clothing to provide them with optimal performance but they also want to look good on and off the bike," Liz said. That's one of the reasons why the SheSpoke cycle skort was designed. "This is a padded cycle knick which has a skirt overlay," Liz explained. "Your skort performs on the bike and is ready to keep you looking stylish when you hit the coffee shop. Perfect for those women who are not confident about wearing cycle knicks," Liz said.

The SheSpoke range is in its infancy but clothing soon to be released includes a long sleeve summer jersey with a UV rating of 50+, a SheSpoke short sleeve cycle jersey in the company's colours of pink and grey as well as a cooler weather range of jerseys, arm warmers, capri length knicks and a winter jersey made from a revolutionary new fabric that provides warmth and muscle support.

www.skins.net



Skins™ are body-moulded compression performance equipment with built-in BioAcceleration Technology™ that enhances your performance in training, competition and recovery giving you an edge over your competition!

Skins™ are the only compression and therapeutic sportswear that has independent scientific testing. No other company within this category can lay claims to these exclusive criteria.

The key is in Skins'™ revolutionary BioAcceleration Technology™ that is built into the smart fabric of all tops and tights.

This BioAcceleration Technology™ has many benefits including:

- the reduction of lactic acid build-up, increased oxygen and enhanced circulation;
- focusing muscle power;
- drawing moisture away from the skin;
- optimising body temperature in warm or cool conditions;
- preventing odour through antibacterial treatments;
- providing sun safety with SPF 50+ protection.

It is these benefits, combined with the strong and durable nature of Skins™ that has many elite sporting teams and individuals acknowledging them as the pre-eminent compression sportswear.

Now everyone can receive the benefits of enhanced performance, endurance and recovery as they strive for excellence with Skins™.

www.fashionbrazil.com.au



Fashion Brazil is a dedicated website specializing in Superior Supplex Active wear & stylish swimwear designed and made in Brazil.

Our Swimwear and Active wear collections capture all that symbolizes the colour and vibrancy of Brazil.

Our swimwear is sexy & stylish, while our Active wear is fashionable as well as functional.

You will find our Active wear to be of the highest quality Supplex and Actifresh fabrics whilst our swimwear is made from exceptional quality Lycra with comfort style and uniqueness in mind.

We take pride in offering our clients these quality unique garments, at our showroom our online store or through several of our stockiest.

When you purchase from our range of swimwear and Active wear you are investing in a quality product.

We believe that if you take the time to be active and fit, and your goal is to look and feel great, then why not do it comfortably and in style wearing Fashionable Brazilian Active wear and swimwear. "look good feel good" At Fashion Brazil we are confident you will be more than impressed by our quality garments. Please visit our website to view the entire collection.