

## Online Fitness Magazine Subscription Delivers The Truth Using TV, Radio, and Print

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Press release from: [Wellness Word, LLC](#)

Beverly Hills, California - December 16, 2005 - Frustrated, often mislead, health and fitness enthusiasts are fighting back. With all the different health, fitness and nutrition theories that seem to confuse eager participants, many, instead of throwing their arms up in frustration, are now shattering their fitness goals like never before. The difference, according to fitness consumers, is the help and guidance from their trusted, online multimedia health and fitness resource called Wellness Word Newsletter.

When consumers really want to find out if the latest fitness, or weight loss trends are work or don't work, they quickly boot up their computers to access special video, audio, and text clips of cutting edge health and fitness topics of interest.

Jim O'Connor, a Beverly Hills Celebrity Exercise Physiologist, publisher, and author, has been publishing Wellness WORD since 2000, but one year ago turned to online multimedia teaching methods to help protect fitness consumers around the world. Mr. O'Connor refers to Wellness Word as the "consumer watchdog" of the health and fitness industry. After building thousands of fitness programs for individuals, Mr. O'Connor noticed the ambiguity, confusion, and frustration riddling consumers minds as a result of swirling fitness and nutrition theories not backed by science, but by fiction, and opinion. As a result, Wellness Word was created to provide innocent, result seeking, consumers a resource they can rely on to get the health, fitness, and nutrition truth.

Cutting edge multimedia online tools are employed because people don't like to learn, or get their news in the same exact manner. Some like to watch television, some radio, and others like reading the newspaper. Wellness Word puts all three media methods into one online newsletter to improve learning, memory, and entertainment value.

When consumers sign up for Wellness Word's FREE fitness magazine subscription, they learn such things as:

How the diet industry is fooling us...

How to achieve fitness results in half the time...

The wrong way and the right way to pick home fitness equipment...

Anti aging methods are shown to increase longevity...

Wellness Word fitness magazine subscribers are given valuable cutting edge health, fitness, and nutrition tips, secrets, and strategies on a bi-weekly basis delivered right to their e-mail inboxes.

Since Mr. O'Connor's goal is to educate as many people as possible, he has decided to allow anyone with an email address, and first name the opportunity to access Wellness Word "Multimedia" Newsletter for FREE.

For fitness magazine subscriptions to Wellness WORD, all you need to do it visit [www.WellnessWord.com](http://www.WellnessWord.com), and enter your first name, and email address and you are subscribed. Just watch your email inbox for the latest newsletter edition, and bonuses to your fitness results.

Contact for more insight into this topic: Direct line: (866) 935-5967

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