

HappyFitMe Womens Health and Fitness Launches



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Author: **Simple Fit Media**

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July 12, 2012, 4:50 am -- /[EPR NETWORK](#)/ -- HappyFitMe Women's Health and Fitness, the fast and elegant online custom exercise and workout platform, today announced that it has launched its women's fitness system to the general public.

With its mission of making women's health and fitness about a sustainable focus on positive movement and happiness, [HappyFitMe.com](#) goes beyond the traditional, fickle barometers of counting calories and inches. A first in the fitness industry, HappyFitMe offers a robust and simple interface allowing women to improve from wherever they are at in their fitness journey and provides inspiration, structure and fun in exercise.

HappyFitMe's download-free interface lets users workout online from anywhere, and the platform is entirely free of the advertisements that plague other freemium workout solutions.

"HappyFitMe is the one place where everything you need for exercise to be fun and inspirational is tied together beautifully -- fun custom workout routines, both step by step and video workouts, tracking and sharing with friends, computer and smart phone accessible - all in perfect harmony," said Amber Taves, a subscriber to HappyFitMe. "The fact that I have access to a personal trainer as well is icing on the cake."

HappyFitMe leverages the cloud to support its workout systems, and it's this advantage that lets them offer a professional grade solution for nearly free.

HappyFitMe's Key Benefits

- **Fun custom workout routines** - Matched to your ability, no equipment needed. Fresh Video and step by step workout routines.
- **Fitness for your schedule** - All the benefits of exercise to custom fit the time you have.
- **Share with Friends** - Achieve goals - Friends cheer you on, connect through Facebook & Twitter.
- **Personal Trainer** - Your Fitness Coach for support, advice or inspiration!
- **Online Workouts from anywhere** - No software, use any computer or smartphone.

"The big online women's fitness systems known to most of us are old and tired, crowded by ads and pretend to be experts in everything from recipes to nutrition to exercise, while those offered by new startups don't have the polish, reliability or features busy women need," said Tammy Andreotti, president and co-founder, HappyFitMe. "We wanted to offer the most robust yet easy-to-use web fitness solution in the market without the headaches or the unwanted advertisements. Women just love it!"

How to Register for HappyFitMe

HappyFitMe is a fast and simple health and fitness platform made for women at any fitness level, free of charge for 30 days. It takes less than 60 seconds to sign up for an account and you can be starting your workout routines and sharing your fitness journey with friends and family in minutes. Register for a free HappyFitMe trial account at <http://www.happyfitme.com/free-fitness-trial/>

About HappyFitMe

The company was founded by Tammy and Curtis Andreotti, who were fed up watching women stress out when they didn't match up to the bikini pictures, goals and ideals of the magazines and books that were steering their fad-driven fitness guidance. After spending two decades as a high performance gymnastics coach, honing her skills in helping young women realize their physical potential, all while building a web software business helping companies work smarter and generating millions in online revenue, the Andreottis set out to build the world's best online health and fitness platform for women with a vision to make it fast, simple, and efficient. The elegant and inviting HappyFitMe.com platform was built in the cloud to meet the workout needs of women at any fitness level. For more information about the company visit www.happyfitme.com

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<http://www.facebook.com/HappyFitMeWomensHealthandFitness>

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For more information contact:

Curtis Andreotti
Simple Fit Media Inc.
for HappyFitMe
[Email Contact](#)
(250) 307-7280

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