

Online Resources for Exercise

Web Program	Expect to Find	Potential Drawbacks
<p>Slim Tree <i>Live Healthy</i> www.slimtree.com</p> <p>\$9.95/month Limited free access</p>	<ul style="list-style-type: none"> • Videos include fitness, cardio, yoga, and weight training with certified instructors and professionals. • Ask the expert with access to dietitians, nutritionists, and certified personal trainers. • Membership includes journals, activity logs, weight and BMI calculators, success stories, and weight management related articles. • Instant reward meter tracks your visits. Every 30 consecutive days you visit the website you get a prize. • Videos last from 5-60 minutes in length. • Limited free functionality on website. 	<ul style="list-style-type: none"> • Cannot download videos to your computer. • Videos are plain and low key. • Website functionality is simple and may become boring over time.
<p>Work Outs on Demand <i>Your Fitness Community</i> www.workoutsondemand.com</p> <p>Express Membership \$6.99/month Premier Membership \$11.99/month</p>	<ul style="list-style-type: none"> • Express Membership includes streaming full-length exercise videos, express 5 to 10 minute videos, new express videos weekly. • Premier Membership includes everything in Express plus online food and exercise journals, unlimited video download, new videos weekly, and ask the expert. • Videos include cardio, kickboxing, step, dance, total body toning, abs and stability ball exercises. • Website has limited functionality but wide array of videos. • For the individual who only wants videos. 	<ul style="list-style-type: none"> • Limited combined professional experience. • Website is very simple.
<p>Yoga Today <i>Free Yoga Delivered Daily</i> www.yogatoday.com</p> <p>Free</p>	<ul style="list-style-type: none"> • Free hour-long yoga videos posted daily. • Archive of past classes for ease of use and variety. You have access to your favorite classes. • Instructors engage all ability levels throughout video. • Fun and interesting topic or focus in each video. • Instructors are world class and have great depth of knowledge and experience. 	<ul style="list-style-type: none"> • Only three instructors; variety may be an issue for some people. • Yoga philosophy heavily incorporated into videos.
<p>Exercise TV www.exercisetv.tv</p> <p>Free Discounted paid downloads</p>	<ul style="list-style-type: none"> • Videos instructed by Hollywood and superstar personal trainers. • Videos are also available through select cable provider's on-demand service. • Every type of video from cardio, body toning, kickboxing and even hula hopping. • Family friendly. Caters to seniors, adults, teenagers and kids. • Classes have a lot of energy and are very motivating. • Search videos by trainer, ability level, type, and time. • 100 plus free full-length videos. • Videos last from 1-75 minutes. 	<ul style="list-style-type: none"> • A lot of advertising for trainer's personal videos. • Pre-video advertising clip for free videos. • Product and brand-name plugs in all free videos. • Website navigation is a little confusing and busy.
<p>Train with Me Online www.trainwithmeonline.com</p> <p>\$4.99/month</p>	<ul style="list-style-type: none"> • Exercise videos that include demonstration, pictures and clear instructions of how to properly complete exercise. • Training plan with online log, journal, and goal tracker. • Advanced journals to track daily stats and create in depth charts and reports. • Ask the trainer function. • Mobile compatible and downloads. • Fitness profile to match exercise programs and needs. • Social network with forum and groups. Interfaced with fitness profile. 	<ul style="list-style-type: none"> • No cardio videos, only specific exercises. • Website is advanced and very interactive, may be challenging for someone with minimal Internet navigation skills.

<p>Demand Sports www.demandsports.com</p> <p>\$9.99 - \$19.96/ month</p> <p>Depending on length of membership billed, a 6-month membership is cheaper per month than a 1-month membership.</p>	<ul style="list-style-type: none"> • Over 250 videos ranging from 10 to 60 minutes in length. • Website is easy to navigate and straight forward, no bells and whistles, just videos. • Search for videos by difficulty, type of class, training mode (education, cardio, flexibility), or by your favorite instructor. 	<ul style="list-style-type: none"> • No download capabilities. • Website does not have anything to offer other than videos. • Videos are very generic, not very motivational.
<p>Spark People <i>Make Your Life an Adventure</i> www.sparkpeople.com</p> <p>Free</p>	<ul style="list-style-type: none"> • Posted content and links to live a healthy lifestyle, guide to medical information, recipes, diet information, and expert advice. • Short 10 to 20 minute videos to get people moving and promoting small steps to a healthier lifestyle. • Videos are very educational and are geared more for the beginner. • Certified personal trainer teaching and instructing video classes. • Large healthy lifestyle oriented social network for promotion and motivation of online members. • Online tools for tracking results of diet and nutrition changes toward a healthier life style. 	<ul style="list-style-type: none"> • A lot of advertising to support no-cost format. • Videos are instructed by one person; may not have enough variety for some people. • Website is geared toward social network for healthy lifestyles and videos are a small part of that function.
<p>Ultimate Pilates Workouts <i>Great Pilates Workouts – Anytime, Anywhere</i> www.ultimatepilatesworkout.com</p> <ul style="list-style-type: none"> - Free membership, very limited - Deluxe \$9.99/month - Premier \$17.99/month with year option - Ultimate \$21.99/month with year option - \$5.95/downloaded video without membership 	<ul style="list-style-type: none"> • Free membership has seven 30 to 45 minute videos. • World class pilates classes and instructions. • Weekly podcast. • Videos are based around targeting certain body parts and desired outcomes. • The website is easy to navigate and only does videos, no advertising or distracting functions. • Downloads are available for premier and ultimate membership packages. 	<ul style="list-style-type: none"> • Program is expensive. • Only two instructors. • Exclusively pilates workouts.