

Products

For Windows, Mac OS X, Palm and Online



- Weightmania® Pro (1-2 users)
- Weightmania® Pro Multi-user (1-250 clients)
- Weightmania® Pro Multi-user Unlimited
- Weightmania® Pro Network Edition
- Weightmania® Mobile (Palm Pilots and phones)
- Weightmania® Mobile Multi-user (1-25 clients)
- Weightmania® Pro Online (Unlimited)

Over 35 Awards Including Editor's Pick™ 4 times...



Testimonials

"The best balance of exercise and nutrition..."

–Runner's World

"Weightmania offers a lot of bang for your buck..."

–Paige Waehner, Senior Editor, About.com

"Unbelievably Comprehensive...I am stunned at how much I can track..."

–H. Husman, Minnesota

"A great way to start taking control over your health..."

–Nikki Halvorse, Pella, Iowa

"Weightmania is a tracking wizard!...If you are looking for the Cadillac of workout/meal tracking software, you need not look any further."

–Robert Kruger, Fredericksburg, Virginia

Edward A. Greenwood, Inc. is a corporation located in downtown Boston, Massachusetts. Since 1997, we have been dedicated to making modern, specialized software for home and commercial use.

We have over 13 years of experience developing fitness and nutrition software. Under our own and private labels, our products are marketed and sold worldwide to home users, personal trainers, fitness centers, hospitals, schools, businesses, government and the military.



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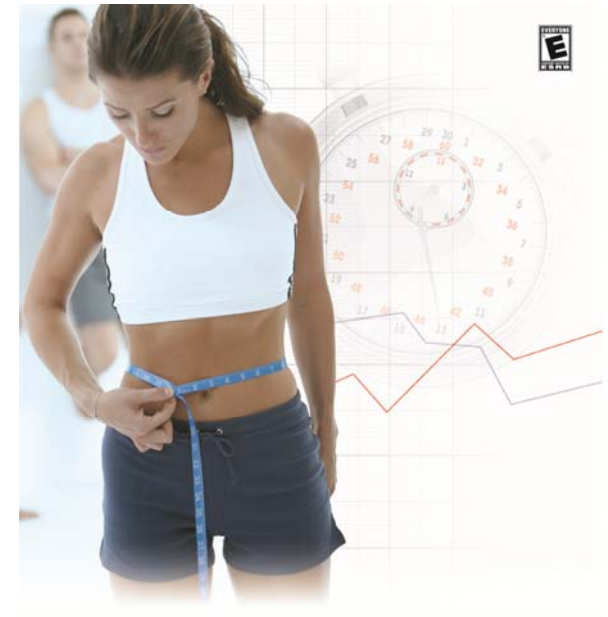
1-877.WT.MANIA (1-877.986-2642)

www.weightmania.com

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Edward A. Greenwood, Inc.

Complete Fitness, Nutrition and Diet Tracking Software



WEIGHTMANIA PRO
FITNESS & NUTRITION Track Exercise | Nutrition | Weight Loss & More

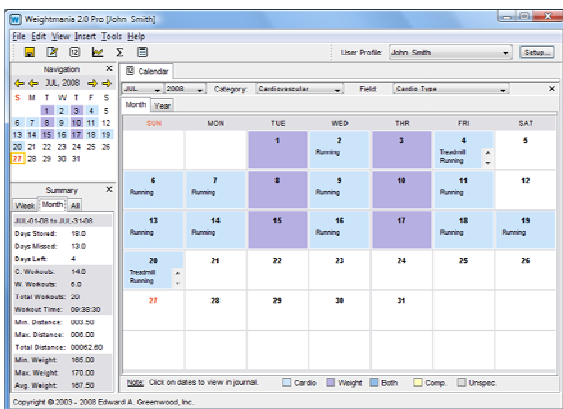
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WEIGHTMANIA PRO® Fitness and Nutrition Software

Introducing Weightmania® Pro

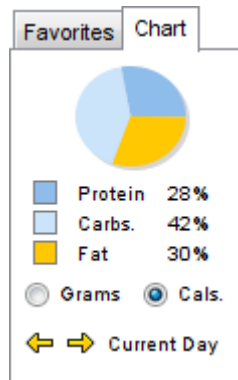
A complete fitness and nutrition journal for Windows, Mac OS X and online. Track exercise, nutrition, weight loss, measurements, diabetes, health and more. It supports cardiovascular and weight training exercise, accommodates any diet plan, and tracks multiple people. Visualize progress, judge the effectiveness of diets and workouts, and reach goals sooner. For home and professional users.

"Weightmania is jam-packed with tools...We are particularly impressed with its nutrition search...Fitness buffs will appreciate this program's elaborate approach for maintaining a healthy lifestyle."



Main Features

- Track cardio and weight training workouts.
- Record and analyze meals, calories and nutrients.
- Monitor up to 24 measurements.
- Manage diabetes, BP, cholesterol and sleep.
- 12 fitness calculators.
- 20,000 food database with 14,000 serving sizes.
- Add your own custom foods.
- Create predefined meals and workouts (programs).
- View and print detailed graphs, statistics, reports.
- Import, export and share information.
- Store information for one or thousands of people.



★★★★★ Rated Five Stars on Amazon!

Special Features

- Import data from our smartphone version!
- Store an unlimited number of recipes.
- Maintain and print a grocery shopping list.
- Manage and view your fitness web links.
- Includes nearly 400 exercises.
- Organize running, cycling, walking routes.
- Track equipment use (i.e. mileage on shoes).
- Automatically backs up and restores your data.
- Edit and store progress photos and maps.



Weightmania® Mobile

Major Benefits

- Motivates people to exercise and eat healthy.
- Helps users reach goals faster.
- Keeps trainers and clients organized.
- Makes it easy to stick to exercise and diet routines.
- Know if your diet and workouts are effective.
- Easily track and visualize progress.
- Prevents missing and duplicating workouts.
- Faster and more accurate than paper logs.
- Builds customer loyalty in any fitness business.
- Proven to reduce healthcare costs.

Over 20 Major Tools

- Journal
 - Calendar
 - Charts
 - Statistics
 - Reports
 - Nutrition
 - Find
 - Recipe Mgr.
 - Grocery List
 - Web Link Mgr.
 - Equipment Mgr.
 - Route Mgr.
- and more...

12 Fitness Calculators

- Body fat %
- Body mass index (BMI)
- Basal metabolic rate (BMR)
- Calories burned
- Calories Required
- Target heart rate
- Distance, time, pace, speed
- Splits
- 42-key math and Metric-English conversion
- Heart rate timer and calculator
- Target weight
- One-repetition maximum weight

