

The Web's Fastest Growing Fitness Support Community, Traineo.com, Launches 'Traineo Fit Talk' Radio Show Featuring Celebrity Fitness Experts Michael George and Kathy Smith



Cambridge, MA (PRWeb) November 20, 2006 – Traineo.com, a free online fitness community, has launched 'traineo Fit Talk', an original new health and fitness talk show featuring the world's top health and fitness experts. The live talk radio show, streamed across the internet via traineo.com each Wednesday at 10am PST, features energetic dialogue with exclusive guests including world class fitness trainers, nutritionists, weight loss experts and other A-list personalities from the health and fitness industry.

Traineo Fit Talk is free and available publicly to anyone with access to the internet. As part of the show, listeners have the opportunity to call in and pose direct questions to celebrity personal trainer and [traineo](http://traineo.com) Fit Talk host, Michael George and the show's weekly special guests.

Each edition of the [traineo](http://traineo.com) Fit Talk show is archived and available via streaming or MP3 podcast format at traineo.com's Library. [Traineo](http://traineo.com) Fit Talk's debut show features Kathy Smith, one of the fitness industry's leading wellness experts and a platinum selling member of the Video Hall of Fame who has made nationwide media appearances on NBC's Today Show and CNN.



Traineo.com's 'Fit Talk' debut show features celebrity fitness expert and platinum selling fitness video creator Kathy Smith

"We're thrilled to be launching [traineo](http://traineo.com) Fit Talk with so many high profile guests on the show," said traineo.com CEO Alasdair McLean-Foreman. "We're committed to providing the best online resource to help people reach their health and fitness goals and [traineo](http://traineo.com) Fit Talk is an ideal complement to the tools we're offering to our users. We're excited to grow the [traineo](http://traineo.com) Fit Talk show with the rest of traineo.com."

About Traineo.com

Traineo.com is a free and intuitive weight loss application that offers effective exercise and diet visual tracking tools. More than a simple training log, traineo.com also provides members with a built-in support system through its social networking community. Members can choose up to four 'motivators' who receive weekly email updates outlining the member's progress toward his/her weight loss goals. Traineo.com also offers resources and tips from the world's leading health and fitness experts through a database of articles and within the active discussion forums. Traineo.com was launched in August 2006 by HDO Group LLC.

About HDO Group LLC

HDO Group LLC is a provider of innovative health and fitness technology and services via the internet. Founded by Alasdair McLean-Foreman, whilst studying at Harvard University and competing for England in Track and Field, HDO Group LLC was formed in 2000 with a mission to offer an exciting new dimension to consumers in health and fitness markets.

Technology by BluBolt

HDO Group LLC partnered with UK based BluBolt (www.blubolt.com) to develop the technical components of traineo.com. For more information on the technology behind traineo.com please visit www.traineo.com/blubolt.

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