

Traineo.com launches Nintendo Wii Fitness Video Contest – Spotlights the Wii Workout

Online community forms at traineo.com around Nintendo Wii Fitness Video Contest



Cambridge, MA (PRWeb) February 5, 2007 – Traineo.com, the web's fastest growing fitness community, has launched a contest to award an 'Ultimate Wii Fitness Package' and other prizes to users who submit the best motivational health and fitness video(s) via the Wii Group at [traineo.com \(http://wii.groups.traineo.com\)](http://wii.groups.traineo.com).



The contest allows members of the Wii Group at [traineo](http://traineo.com) to submit a motivational video entry via the free video sharing website YouTube.com (all entries must be received by midnight March 1, 2007). Traineo's judges will then pick ten videos that best encompass the themes of motivation, exercise, self-improvement and achievement for the Grand Final. Traineo Wii Group members will then have a chance to vote for their favorite video. The lucky winners of the contest will be announced on the Wii Group page at traineo.com shortly after the close of the competition at midnight on March 22, 2007.

The first prize entry, based on the largest number of votes in the Grand Final, will receive an 'Ultimate Wii Fitness Package', which includes a Nintendo Wii Console bundled with Wii Sports, [traineo](http://traineo.com) T-Shirt, [traineo](http://traineo.com) Digital Fitness Scale and Polar FS1 Heart Rate Monitor. Other prizes will be awarded to the runner-up and to videos ranked through to sixth place.

The inspiration behind the contest is Mickey DeLorenzo's 'Wii Sports Experiment' (<http://wiinintendo.net/2007/01/15/wii-sports-experiment-results/>), a six week project documenting the fitness benefits of playing the Nintendo Wii. DeLorenzo's experiment, presented through his blog [WiiNintendo.net](http://wiinintendo.net), has since been the topic of world-wide

media interest surrounding the Wii as a new fitness tool.

DeLorenzo, a Philadelphia native, stated, "I think this is a great idea and I'm excited to see what I started motivate so many people at traineo. It's amazing to see a community building around this and I'm really excited to see what ideas people come up with for the videos."

"I think it's brilliant that so many people are using the Wii to become more active and get in shape," said Alasdair McLean-Foreman, CEO of traineo. "Mickey and a number of our users were already using traineo to track their workouts and fitness progress so we decided to launch this promotional contest to engage and motivate even more people in the traineo community to follow suit."

To view the current contest entries or to submit a video entry to win the 'Ultimate Wii Fitness Package' please visit <http://wii.groups.traineo.com> to sign-up for a free traineo account.

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.

Contact:

Jennifer Lee

Public Relations

(617) 500-4906

pr@traineo.com

<http://www.traineo.com>

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