

Accountability Program

Do you need help sticking with your exercise program?

Inside the website of Professional & Personal Wellness, we not only provide you with a system to keep track of your exercise and activity, we provide an accountability program where our system notifies us if you are inactive for more than a week at a time. It is kind of like working with your personal trainer or a buddy that will keep you exercising every day or at least a couple days a week, whatever your goal may be. When we get notified that you have not logged any activity we will then contact you to make sure that everything is okay and hopefully motivate you to get back into it. We want you to feel like we aren't giving up on you so you shouldn't give up on yourself either. Not only is this one of our newest and greatest additions to our website, it is one that will motivate you to keep exercising ... because we will know if you aren't!

