



Full Service / Virtual Membership Benefits

- ✚ **Unlimited Technical Support:** allows you to contact a certified INTRAFITT Technician as often as necessary (via email and Live Telephone) to present any questions or concerns that you may be having with your INTRAFITT nutrition and exercise program!
- ✚ **Online Diet and Exercise Journal:** enables you to record all of your eating and exercise habits throughout the day as well as your most current and updated statistics directly online so that you and your INTRAFITT Technician can efficiently evaluate your daily progress and evolving skill level while meeting periodically to consider any necessary updates and/or modifications needed to your nutrition and exercise program!
- ✚ **Unlimited personal profile modifications:** allows you to update your individual metabolic variables which ultimately determine and update your exact dietary parameters while automatically adjusting your INTRAFITT recommended meal plans and exercise program!
- ✚ **Personal statistics** provides a comprehensive overview of your current level of fitness (e.g. lean body mass to body fat ratio, recommended target heart rate etc...) as well as your current diet/exercise recommendations; all at a glance!
- ✚ **Recommended Nutraceuticals:** offers specific product recommendations, explanation and instruction on what, when and why to use certain supplemental products in conjunction with your whole foods diet and exercise program!
- ✚ **Expert Nutrition and Exercise Coach** allows you to add, edit and create unlimited custom meals and exercise programs!
- ✚ **Helpful Links Library** providing more than 500 affiliated links with nutrition and fitness related topics along with added free services that will help to guide you and your family to optimal health and fitness; such as [Diabetes and Your Nutrition Plan](#), Calorie Count (a comprehensive nutrition and exercise analysis software program that further enables you to journal online while determining the quality of foods you are choosing), how to read food labels, what you should know about public drinking water and much, much more!
- ✚ **Troubleshooting and Q&A Module** providing you with answers and solutions to some of the most complex questions and topics currently challenged in today's fitness industry! This module also features some of the common reasons why so many people encounter fitness plateaus and how to avoid them!
- ✚ **INTRAFITT Approved Recipes Module 6000** offering a brand new database of thousands of approved and interchangeable recipes from reputable organizations such as the American Diabetic Association, and the Nemours Foundation. Also included are simple and surefire recipes created and edited by Francesca Armienti (INTRAFITT Inc.'s own Corporate Chef)!
- ✚ **Medline PLUS:** provides you with over 700 health topics on conditions, diseases and wellness; a medical encyclopedia providing illustrations and diagrams, a medical dictionary with audio pronunciation capabilities, worldwide Health News updated monthly, directories to help you find doctors, dentists and other licensed and allied health care professionals in your area, local libraries, health organizations, access to the national library of medicine and the national institute of health and comprehensive information about prescription drugs, over the counter medicines, supplements and herbal remedies and much much more!!!!.