

WellnessCoach™ now in Finland

For those of you who are interested in diet, exercise and health, the WellnessCoach™ program is available as an aid in your everyday life. The program is unique to you and helps you improve your health and maximize your results by optimal diet and exercise.

"We who exercise and want to learn more, be inspired and receive tons of delicious, wholesome recipes, are grateful to have this support in our everyday life," fitness expert Johannes Dahlman says.

The program helps you manage diet and exercise and you easily see for yourself how your lifestyle influences your health in a positive way. The internet-based service allows you to connect at any time to improve your health. You register your own unique food habits in your exercise diary so the results are yours personally and recommendations adapted to your own lifestyle and objectives. The recommendations are based on the Nordic Nutrition Recommendations.

"The market-leading WellnessCoach™ program is created to help people design a sustainable, healthy lifestyle and reach optimal results based on their needs. We are proud to announce that this is now also available in Finland!" Mats Sköld, Managing Director of Nodensa AB states.

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ABOUT:

Nodensa is a global healthcare solutions company - our fusion of innovative IT and medical technology allows us to enhance public health and the quality of peoples' lives. Nodensa has operated since 2006 from its headquarter in Stockholm, Sweden. For more information, visit Nodensa online at www.nodensa.com

For more information please contact:

Daniel Arenholm, Director, Marketing & Communications

Nodensa AB
Bragev. 3
SE-11426 Stockholm
Sweden

Phone: +468201050
Mobile: +46739814412
E-mail: daniel.arenholm@nodensa.com