

New tool for encouraging physical exercise and reporting

The Fitnia.com exercise-promoting software is a great tool which employers can use to encourage employees to take physical exercise. Exercise, as we all know, has many health benefits. The Fitnia.com software increases employee motivation and well-being at work. The software also helps to decrease absences from work due to illness and helps to prevent premature retirement. This results in cost savings for employers. Employees also benefit, as they have more energy for work.

Users can use the Fitnia.com Fitness Card to monitor the improvement in their fitness. Seeing this progress is a great motivator. The Fitness Card also advises users on health-promoting exercise. Users can save their exercise details in the Fitness Card in just a few simple steps. The user-friendly software estimates, for example, how many calories users have expended through exercise and shows, in a graphical format, whether this amount is sufficient for health benefits. The graphical summary is an excellent way for users to monitor how many kilometres they have covered running or roller skating and how much they have exercised each week. The Fitness Card summaries can be e-mailed, which means that companies can use the software to run a fitness campaign as an incentive to employees.

The Fitnia.com software also includes Feedback Analysis and InnoKey functions. Users can use Feedback Analysis to record their objectives and then check how successful they have been in accomplishing them. InnoKey is for creating ideas. InnoKey can be used at workplaces as a digital suggestion box.

The Fitnia.com software includes a reporting function which can be used to obtain real-time statistics on how actively, on average, employees take physical exercise. Based on the results, exercise activities can be focused more accurately. The software also includes an easy-to-use tool for communications, which is an important part of effective workplace exercise programmes.

The software does not require any installation; users can access it at www.fitnia.com. All they need to do is enter their username and password and they can start using the software.

Contact information: Pauner Ltd. e-mail: info@fitnia.com

The screenshot shows the Fitnia.com website interface. At the top, there is a navigation bar with tabs for "Feedback Analysis", "InnoKey", and "Fitness Card". Below the navigation bar, there are links for "News", "Help", "Change password", and "Log out". The main content area features a calendar for August 2008. The calendar shows dates from 28 to 31, with some dates highlighted in green (28, 29, 30, 31, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31). Below the calendar, there is a text prompt: "Click a day marked in green to see that day's exercises..". To the right of the calendar, there is a section for "Add a new exercise" with a date of "25.8.2008" and a "Save" button. Below this, there are options for "Month shown on the calendar", "Week 35", "Year 2008", and "Exercises from 35 2007 - 35 2008". A "View exercises and graphics" button is also present. At the bottom, there is a "Weight" field with a value of "77" and a "Save" button.

Users can save their exercise details in the Fitness Card in just a few simple steps

Exercise date 27.8.2008

Select sport:

Aerobic/gymnastic exercises
 Golf
 Cross-country skiing
 Everyday exercise
 Running

Gym
 Walking
 Skiing
 Skating
 Canoeing/rowing

Ball games
 Cycling
 Roller skating
 Nordic walking
 Spinning

Squash
 Martial arts
 Dancing
 Swimming
 Stretching

Other exercise

Serenity:

Light
 Moderate
 Heavy

Exercise time (in minutes):

Distance covered (km):

(only for sports in which you can measure the distance, such as running)

[Back to Fitness Card \(do not add the exercise\)](#)

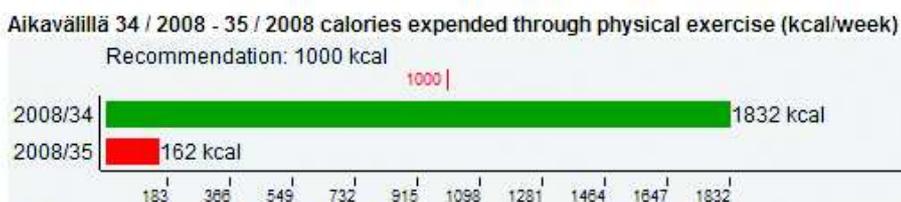
To see a summary of your exercises, select the time period and click “View exercises and graphics”. If your weekly exercise time is less than the recommended 150 minutes/week, the bars are shown in red. If your weekly exercise-related energy consumption is less than the recommended 1000 kcal/week, the bars are shown in red. The bars are shown in green if you have exceeded the minimum recommendations. The Fitness Card summaries can be e-mailed, which means that companies can use the software to run a fitness campaign as an incentive to employees.



The recommendation for effective weekly physical exercise is at least 150 minutes. This helps to prevent cardiovascular diseases and benefits the body and bones.



According to recommendations, you should engage in physical activity every other day, that is, three to four times a week. Everyday exercise should be performed daily.



Sufficient everyday exercise or physical exercise expends approximately 1,000 kcal per week. The ideal amount to help prevent obesity and type 2 diabetes is at least 2,000 kcal/week.

exercise summary to