



BettrLife Partners with Kosama to Offer Innovative 360 Degree Nutrition & Fitness Program

BettrLife's advanced mobile and web-based health and wellness platform will now be available to members of Kosama's fitness transformation program.

DES MOINES, IA, USA, December 31, 2014 /EINPresswire.com/ -- BettrLife's advanced mobile and web-based health and [wellness platform](#) will now be available to members of Kosama's fitness transformation program. The partnership marks the beginning of an innovative, fitness solution unlike anything else available in the country. Members will have access to a special Kosama version of BettrLife's comprehensive suite of nutrition and activity tools that will seamlessly coordinate with their Kosama group fitness program.

Users will be able to utilize BettrLife's planning, logging and tracking tools that allow for secure monitoring and two-way interaction with dietitians and health coaches. This advanced engagement can ultimately increase individual weight loss and other health outcomes. The mobile and web tool will also provide users the ability to seamlessly sync and track their Kosama exercise data from MYZONE Physical Activity Belts. The application also allows direct access to each members' health coach.

"Kosama has a mission to produce America's healthiest bodies. We are laser focused on producing the best transformations. In order to do so we are bringing in the very best solutions!" said Kosama founder, Kory Pohlman. "Together, Kosama and BettrLife provide the most comprehensive platform in the country for helping people meet their personal health and fitness goals."

"Kosama is a pioneer in group fitness. Adding BettrLife's technology to their proven complete body transformation system allows members to stay connected and focused on health goals 24 hours a day," said BettrLife CEO, Don Schoen.

Kosama was recently reacquired by the original founders and has been put back on track with the principles and vision that earned it such early success. Kosama is headquartered in Des Moines, Iowa, with locations throughout the country. BettrLife, also based in Des Moines, Iowa, will roll out its technology to Kosama franchises nationwide in 2015.

About BettrLife

BettrLife enables organizations to engage members in controlling their own health and wellness through an integrated suite of food, activity and nutrition tracking tools. Health coaches are able to efficiently manage and monitor populations in a HIPAA secure environment while leading them to long-term healthy lifestyle changes. BettrLife's clinical and consumer applications allow for cloud data to be accessed via iOS, Android or web enabled devices in real time. Visit <http://www.BettrLife.com> for more information.

About Kosama

Kosama is a revolutionary franchise that stands alone from the competition. Kosama Complete Body Transformation is a 360° wellness solution focused on member accountability, nutritional education, and improved physical performance. Kosama opened its first location in January of 2010 and has since grown to 27 locations operating in Iowa, Minnesota, South Dakota, Nebraska, Kansas, Colorado, Arizona, Texas, and Virginia. Learn more at <http://www.KOSAMA.com>.

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