



PUBLIC SERVICE ANNOUNCEMENT: FREE ONLINE HEALTH ED CURRICULUM | *For Immediate Release*

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***Greg DiRenzo Professional Fitness Coaching and Consulting* Comprehensive Online Health Education Course for FREE**

Online Health Education Platform will Engage and Empower

Cape Coral, March 23, 2020 – Greg DiRenzo Professional Fitness Coaching and Consulting - a leading health and fitness provider announced today it will offer its **Comprehensive Health Education Platform** -- a cloud-based, interactive, health education course -- for **FREE** during coronavirus pandemic.

With the recent coronavirus (COVID-19) forcing people to stay home, this online system is the perfect vehicle to keep people (including children age 12 +) engaged and learning about preventive health.

As the name implies, our **Comprehensive Health Education Platform** (Onboard 101) is designed to help students, employees, patients and clients get “onboard” with their own bodies through an easy-to-understand, interactive, online, curriculum including:

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|------------------|--------------|----------------|----------------------|
| 1.) Physiology | 4.) Protein | 7.) Anaerobics | 10.) Weight Training |
| 2.) Digestion | 5.) Fat | 8.) Vitamins | 11.) Stress |
| 3.) Carbohydrate | 6.) Aerobics | 9.) Minerals | 12.) Foods |

“Real World” Science Designed for Consumers

Our **Comprehensive Health Education Platform** is specifically designed to help consumers with the principles behind proper nutrition, productive exercise and positive lifestyle choices. This 12-module course is presented in lay-terms and supported by:

- 35 high-definition videos
- Automated content delivery
- 12 Fun Quizzes (auto-scored)
- Automated email validation
- A “points & badges” gamification system
- Internal private messaging
- Auto-generated “Certificate of Achievement” upon course completion

Comprehensive Online Health Education - FREE UNTIL APRIL 30th.



Giving Back

“As more employees, educators, and students work remotely in response to the spread of COVID-19, we want to do our part to give back to the community that’s supported us over the years.” says Greg DiRenzo.

“The sad truth is, most people know more about how their mobile devices operate than how their own bodies function. So, right now is an excellent time to engage and educate consumers on the value of preventive health. It is the key to boosting their immune systems as well as achieving one’s overall health and lifestyle goals.”

Onboard 101 is the perfect tool for people to learn the basic science and physiology behind managing their weight, increasing energy, handling stress and creating their own feelings of health and well-being.

Super Simple, Easy Set-up and Full of Content

The online system serves as a self-guided course, or, as an adjunct “knowledge resource” to existing health and wellness programs.

Course content and high-definition videos display on all digital platforms from mobile phones, tablets and laptops to desktops and large screen projectors.

To gain instant access, or, to learn more, please visit:

<https://www.gregdirenzo.com/education>

About Greg DiRenzo Professional Fitness Coaching and Consulting

For over two decades, Greg DiRenzo Professional Fitness Coaching and Consulting has been a leader in "knowledge-based" nutrition and exercise components for weight-management, sport-specific training and general fitness programming. Greg has trained and coached athletes at all levels, everyone from the NFL, NHL, and Pro MX to the pop warner and high school athlete, as well as recreational gym-goers in all age groups and skill levels.

During the coronavirus COVID-19 pandemic, Greg is available for interviews regarding how consumers can reduce stress and anxiety through home-based exercise, proper nutrition and education/mindset.

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