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Virtual Training Programs For Realistic and Affordable Wellness **From the comfort and privacy of one's own home.**

Miami, FL - Alana Cole, fitness trainer to the stars, brings personal training to a new level with her Internet based company Heart Smart Minute (HSM). By making personal training virtual, clients can now work out from the comfort and privacy of your own home. This convenience and quality of service is attracting clients from all over the country and even grabbed the attention of financial powerhouse **Suze Orman**.

Busy moms or business professional no longer have to cram in their workouts at crowded gyms and lose time waiting for equipment. To accommodate challenges in today's economy, HSM Virtual Training features packages specifically designed to be affordable to the masses, not just the wealthy.

HSM Virtual Training program is designed around one specific motto, "**It's NOT about Weight Loss...it's about LIFE GAIN.**" The virtual training program, done through SKYPE, takes the focus off of just weight loss and puts emphasis on exercises that are modified for the individual to enhance their every day life experiences, whether it's improving your golf swing speed or rehabbing from a recent shoulder injury or knee surgery. Each client receives an individualized training program and nutrition suggestions making the HSM Virtual Training, truly a "personal" training experience.

All new clients receive a free 15 minute consultation with Alana. The 15 minute consultation allows the client to start thinking about the roles of nutrition and exercise, as they pertain to the quality of their lives.

The real crown jewel of the HSM Virtual Training program is once the client has fulfilled their package requirements, Alana has made it possible for her clients to receive ongoing one-on-one support, for a small monthly fee.

Alana Cole is a Florida based personal trainer with two personal training certifications from the American Fitness Association of America (AFAA), and the National Exercise & Sports Trainers Association (NESTA). She's also earned a nutritional and wellness consultant certification from the American Fitness Professionals Associates (AFPA). In addition, Alana has also earned a B.A. in Journalism from the University of South Florida.