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DOTFIT WORLDWIDE LAUNCHES FREE FITNESS & WEIGHT LOSS WEBINARS
Learn the Secret of Successful Weight Loss

WESTLAKE VILLAGE, CA (PRWEB) November 4, 2009 – dotFIT Worldwide announces the launch of [\[http://www.dotfit.com/sites/63/offers/webinar/index.html\]](http://www.dotfit.com/sites/63/offers/webinar/index.html) a free webinar series that teaches people how to reach their fitness and weight loss goals. Hosted by a series of industry experts, this webinar series will feature a variety of presenters including industry veteran Craig Pepin-Donat. The next webinar is scheduled for November 11, 2009 at 8:00 PM EST (5:00 PM PST).

“We’re very excited to be able to connect with people who might be struggling with their weight loss or fitness goals, and to be able to offer these webinars at no charge. Over the years we’ve helped millions of people lose weight, and we know what works. Anyone who attends will get expert advice on how to reach their goals, not a sales pitch about another fad diet,” said Neal Spruce, chief executive officer of dotFIT Worldwide.

The webinar series will feature fitness expert and registered dietitian Kat Barefield and the team that created the bodybugg® as seen on *The Biggest Loser*. In 50 minutes, attendees will learn to lose weight effectively using the [\[http://www.dotfit.com/sites/63/offers/dotfitme/index.html\]](http://www.dotfit.com/sites/63/offers/dotfitme/index.html) dotFIT Me™ Program, the exerspy™ activity and calorie tracking system, and the optimal performance training program developed by the National Academy of Sports Medicine (NASM). Attendees will also receive a free download called *The Most Commonly Asked Fitness & Health Questions*, written by Neal Spruce and Dr. Micheal Clark of NASM.

Register for the next webinar at www.dotFIT.com/webinars.

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About dotFIT Worldwide:

Founded in 2008 by a seasoned team of leading fitness industry visionaries, dotFIT Worldwide is rapidly becoming the leader in personalized holistic health and fitness solutions. The company's unique online platform, www.dotfit.com provides the proven essentials needed for people to eat, live and feel better. Driven by dotFIT's custom Fitness Intelligence Technology, the platform provides a wealth of customized online digital assets, real-time monitoring and progress capabilities, exercise and nutrition programs, nutrition products and access to professional trainers certified by the National Academy of Sports Medicine.