

## EXPERT ADVICE



MATT SPOONER

PERSONAL TRAINER

### GET RESULTS

+ Achieving results is not just about the correct type of training program, it's also about how well you recover, your nutrition and the quality of your rest. These brand new tracking devices record training intensity, quality of nutrition, heart rate and blood pressure, and they even tell us the length and quality of our sleep!

#### BODYMEDIA FIT, \$279

BodyMedia FIT automatically tracks the calories burned during your daily activities, works as a fitness monitor to measure the intensity of your workouts and monitors the quality of your sleep, an important factor in weight loss.

**FOCUS. INTENTION. DETERMINATION.**  
**Harvey Norman® HAS A RANGE**  
**OF FITNESS DEVICES TO GET YOU THERE**

#### GARMIN FORERUNNER 310XT WITH HEART RATE, \$399

A full featured GPS-enabled watch with heart rate monitoring designed for the multi-sport enthusiast. Perfect for the pool and open water, cycling and running.

## CONNECTED HEALTH

**FIT TIP**  
Monitor your day & night activity for better health



Available in black or burgundy.

#### FITBIT ONE WIRELESS ACTIVITY + SLEEP TRACKER, \$119

The One™ never rests. It tracks your steps, distance, stairs climbed and calories burned each day. Come nightfall, it measures your sleep cycle so you can learn to sleep better.



iPhone not included.

#### WAHOO FITNESS BIKE PACK, \$229

Wirelessly connects your iPhone to any ANT+ bike sensor to get your speed, power and heart rate readings, converting your iPhone into a cycling computer.

**HIGH TECH**  
The fusion of entertainment and health



iPhone/iPad not included.

#### i.PIXEL PROGRAM BIKE BY BH FITNESS, \$899

Enjoy your workout more than ever with the iConcept technology on this bike and a world of apps for your iPad or iPhone to entertain you as you train.



#### BEURER BG51 XXL DIAGNOSTIC SCALE, \$129

This versatile scale has an extra large glass platform with 200kg capacity. It measures body weight, body fat, body water, muscle percentage, bone mass & BMI.



#### FITBIT ARIA WI-FI SMART SCALE \$149

Tell your weight who's boss. Follow your progress and long-term trends as you learn how to stay on track and reach your weight goals. Available in black or white.

Keep track of your health with accuracy



iPhone/iPad not included.

#### iHEALTH WIRELESS BODY ANALYSIS SCALE, \$159

Track your performance automatically on your iPad or iPhone with this wireless scale, be it body weight, fat, water, muscle mass, BMI or bone mass.

## THE INDISPENSABLE TRAINING TOOL

#### GARMIN FORERUNNER 310XT WITH HEART RATE, \$399

Finally, a GPS-enabled training device that isn't afraid of the water. This rugged device tracks swim, bike and run data and sends it wirelessly to your computer.

**TIME YOUR SWIM** The Forerunner 310XT is waterproof to a depth of 50 metres, so you can wear it in the pool to time your swim. And its slim design and flexible wristband means the Forerunner 310XT is easy to wear in any conditions.

**TRANSITION EFFORTLESSLY** When you're ready to jump out of the water and onto the bike, Forerunner 310XT moves easily from wrist to bike in seconds with the optional quick release and bike mounts, making the transition effortless.



# Harvey Norman®

TO BUY ONLINE, VISIT [WWW.HN.COM.AU/CONNECTEDHEALTH](http://WWW.HN.COM.AU/CONNECTEDHEALTH) OR CALL 1300 464 278 (1300 GO HARVEY)  
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