



NEW YEAR NEW YOU

GET FIGHTING FIT IN 2013 WITH THE LATEST CONNECTED HEALTH PRODUCTS FROM **Harvey Norman**

FIT TIP
Track your 10,000 daily steps target!



MIO SPORT SD HEART RATE MONITOR, \$109

Take the first step towards increasing your fitness with this entry-level model, with heart rate monitoring, exercise timer, step counter and more!



POLAR FT7 HEART RATE MONITOR, \$159

Take your performance to the next level. The EnergyPointer feature lets you know if you're burning fat or improving fitness during your training.



TIMEX ROAD TRAINER HEART RATE MONITOR, \$169

Train smart: the Road Trainer tracks your heart rate and lets you know when to slow down or ramp it up. It also counts calories burned during your workout.

EXPERT ADVICE



MATT SPOONER

PERSONAL TRAINER

RATE YOUR HEART

- + Heart rate monitors have come a long way in their ease of use, wearability, new features and cost effectiveness.
- + High intensity interval training enables fast gains in anaerobic and aerobic fitness, weight loss, increased metabolic rate, plus gains in strength. A heart rate monitor can track the average heart rate, target heart rate and calories burned.
- + Today's monitors even have built-in alarms that sound if you go outside your chosen heart rate and some have programs that will actually train you for best results.

Take your training further



TIMEX TARGET TRAINER HEART RATE MONITOR, \$189

This complete system with a digital heart rate monitor, TapScreen™ technology and interval training capability, functions just like a personal coach on your wrist.



POLAR FT60 HEART RATE MONITOR, \$229

Designed for those committed to regular training sessions and who love to track the intensity of their training with Polar's STAR Training Program.



POLAR RCX3 HEART RATE MONITOR, \$299

Recreational runners will love the six Smart Coaching features to help train at optimal intensity for great workout results.



MAGELLAN SWITCH GPS WITH HEART RATE, \$329

A crossover GPS watch for multiple activities. Tracks your position precisely with GPS satellite data and records time, distance, speed/pace, elevation and more.

Harvey Norman®

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