



NEW YEAR

2013

New You

MAKE 2013 YOUR YEAR TO A NEW YOU WITH THE LATEST CONNECTED HEALTH PRODUCTS FROM **Harvey Norman**

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.

POLAR RCX3 HEART RATE MONITOR, \$299

Runners will love the heart rate monitor's six Smart Coaching features to help you reach optimal intensity and attain your fitness goals.

CONNECTED HEALTH



FITBIT ZIP ACTIVITY TRACKER, \$69.95 EA

Track your steps, distance walked and calories burned, and set goals to help keep you motivated with this little wireless fitness buddy.



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.



iPhone not included.

RENEW SLEEPLOCK, \$249

The non-body contact Renew SleepClock tracks sleep patterns to improve sleep; fades out music when you fall asleep; and wakes you gently during light sleep!

EXPERT ADVICE



HEIDI LINDAHL

HEALTH EXPERT

FITNESS GETS AN UPGRADE

There are many tech products that can help you achieve set goals - like the 10,000 minimum steps a day program. They can assist in keeping your overall health on track by making you aware of important health components and helping you record them. Other items include alarm clocks that help with sleeping patterns and easy-to-use digital blood pressure units.

TIP: Look for user-friendly products, and if the product needs to be worn choose items that are comfortable, and easy to put on and take off.



Records results so they can be used for a subsequent consultation with a doctor

BEURER UPPER ARM BLOOD PRESSURE MONITOR, \$149

Fully automatic blood pressure and pulse measurement on the upper arm with an extra large illuminated touchscreen display. Arrhythmia detection.



BEURER ME80 MOBILE ECG DEVICE, \$399

Perfect for self monitoring and recording your heart rhythm. With one-button operation, large LCD and 99 memory spaces, you can share with your GP later.



iPad/iPhone not included.

iHEALTH UPPER ARM WIRELESS BLOOD PRESSURE MONITOR WITH BLUETOOTH CONNECTIVITY, \$149

Track your blood pressure and systolic/diastolic rates quickly and easily directly from your iPad or iPhone.



CONTACT FREE
No need to wake the patient

BEURER FT90 NON-CONTACT THERMOMETER, \$99

The infrared non-contact device hygienically measures body temperature, plus room and surface temperatures, such as a baby's milk bottle.

Harvey Norman®

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