

ACTIVITY MONITORS



FIT TIP
Monitor your day & night activities

Available in black or burgundy.

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

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.



Also in pink or black.

GARMIN FORERUNNER 10 GPS WATCH, \$149

Start your run with just one press of a button and accurately track your distance, speed/pace and calories. You'll see how far you've gone and how fast!



POLAR FT4 HEART RATE MONITOR, \$129

Keep it simple: The Polar FT4 heart rate monitor has basic heart rate based features to assist your training and lets you know how many calories have hit the dust.



Also in pink or purple.

TIMEX IRONMAN SLEEK 50 LAP SPORTS WATCH, \$99

Track your running performance with this sleek sports watch to measure interval times, laps or splits, best lap time with 50-lap recall and total run timer.



Available in purple or pink.

TIMEX ZONE TRAINER HEART RATE MONITOR, \$149

Get the training edge. Monitor your average heart rate and calories burned. The target heart rate zones function alerts you as you leave your target BPM.



HELPMATE
Monitor your heart rate

POLAR FT7 HEART RATE MONITOR, \$159

Whether you want to improve fitness or burn some excess fat, the Smart Coaching functions allow you to make the most of every workout.

Smart guidance to get you up to speed



GPS
TomTom GPS for super accuracy

NIKE+ SPORTWATCH GPS POWERED BY TOMTOM, \$199

TomTom-powered for enhanced GPS accuracy, with shoe sensor, it tracks your distance, time, calories burned and Nike Fuel. Records up to 50 runs plus PB's.



GARMIN FORERUNNER 110W WITH HEART RATE MONITOR, \$279

Track your training with ease and with virtually no setup. Press start and off you go on your run or walk using GPS to record distance, pace, etc - it's that simple!

Watch out, Tiger Woods!
Improve your game by tracking your personal stats on your iPad or iPhone with the 3D golf sensor



Glove not included.

GOLFSENSE PERSONAL 3D GOLF SENSOR, \$179

Just clip the GolfSense onto your golf glove and a 3D sensor is ready to give you feedback on your swing, from velocity and accuracy to tempo.

TAKE YOUR FITNESS TO THE NEXT LEVEL WITH THESE SWITCHED-ON DEVICES FROM Harvey Norman®

EXPERT ADVICE



HEIDI LINDAHL
PERSONAL TRAINER

WATCHING OUT FOR YOU

Activity monitors are a fantastic tool that help you track energy expenditure, heart rate and training intensity to keep you motivated to get more out of each workout. When buying an activity monitor, think about what you will be using it for most (running indoors/outdoors, swimming, cycling) and what functions are important to you. If most of your workouts are indoors, one that adds up calories burned over an entire week might be more suitable than one with a GPS.

MIO MOTIVA PINK HEART RATE MONITOR, \$114

A fun tool with serious features that help you lose weight and keep it off by monitoring your heart rate, calories, target goal and calories burned. ECG accurate heart rate without a chest strap.

MIO MOVE SDC Pedometer, \$23.95

Help achieve your goal of at least 10,000 steps a day with this little pedometer. It will track distance and calories burned as well as steps.

Harvey Norman®