

BODY SCALES

BEURER RUNTASTIC HEART RATE MONITOR, \$149

Transform your smartphone into the ideal fitness partner to make your exercise easy and fun, improve your fitness and stay motivated. Compatible with iPhone, Android, Blackberry & Windows 7 devices.



SONY XBA-SG5 SPORT HEADPHONES, \$129

Rock out during your workout. Features water-resistant housing with a waterproof film to stand up to sweat, rain and rinsing.



FITBIT ZIP ACTIVITY TRACKER, \$69.95

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



WHICH SCALE IS RIGHT FOR YOU? **Harvey Norman** HELPS YOU MAKE THE RIGHT CHOICE!

BEURER BGS1XXL DIAGNOSTIC SCALE, \$129

With a large platform and 200kg capacity, this scale is very versatile. It measures body weight, body fat, body water, muscle percentage, bone mass & BMI.



EXPERT ADVICE



HEIDI LINDAHL

PERSONAL TRAINER

WEIGHING IT UP

When upgrading to digital scales, look for an easy-to-read digital display and sturdy base. Remember, normal digital scales will only calculate overall body weight, not body fat. For a more thorough assessment of your actual body fat/muscle density, buy body composition scales. These are a more accurate way of monitoring actual body fat gains/losses.

TIP: Weigh in at the same time each week with the same clothes to keep your weight/bodyfat records as valid as possible.

WE LOVE
Easy to use and beautiful to look at!



Also in purple, red or white.

SOEHNLE PINO DIGITAL PERSONAL SCALE, \$39

In a range of shades, the scale's modern design will enhance any bathroom. Built to last, it's also quick and easy to use, with a large LCD screen.



SOEHNLE SLIM DESIGN SCALE, \$59

Slim Design is a stylish ultra flat personal scale. Available in black, white or silver.



BEURER DESIGNLINE 'HAPPY STRIPES' SCALE, \$69

This super flat glass scale with an easy to read digital display and vibration-on technology makes it a colourful addition to the bathroom.



Keep track of your health with accuracy



WEIGHTWATCHERS WEIGHT TRACKING & BODY COMPOSITION SCALE, \$79

The perfect scale to track your weight, BMI, body fat, body water and bone mass. Track and manage your weight over time.

HOMEDICS HEALTHSTATION BODY COMPOSITION SCALE, \$99

Aim for a healthier you. Get the whole story with an analysis of your body weight, fat and water, muscle and bone mass and your daily CaloriePredictor™.



iPad/iPhone 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 or water, muscle mass, BMI or bone mass.

Goodbye Guesswork. HELLO WEIGHTLOSS.

BODYMEDIA FIT, \$279

BODYMEDIA FIT IS DESIGNED FOR YOU. You burn calories differently than everyone else may, which is why cookie-cutter weight loss programs may not be working for you. The basic principle of weight loss is simple: Burn more calories than you consume. But we all know it's not easy to put that principle into action. That's where BodyMedia FIT comes in, with a complete and personalised system that tracks information about your body throughout the day and night. By knowing how many calories you burn, how many calories you consume and how well you sleep, you'll have the knowledge to make changes and achieve your personal goals.



Harvey Norman®

INTEREST FREE

NOW AVAILABLE ONLINE! APPLY FOR AN INTEREST FREE GO MASTERCARD AT HARVEYNORMAN.COM.AU

TO BUY ONLINE, VISIT WWW.HN.COM.AU/CONNECTEDHEALTH OR CALL 1300 464 278 (1300 GO HARVEY) HARVEY NORMAN STORES ARE OPERATED BY INDEPENDENT FRANCHISEES. ENDS 31/01/13