

## GPS DEVICES

Magellan eXplorist  
610 GPS receiver



Explore rugged terrain and find your way home again

**WE LOVE**  
Superior outdoor navigation with a GPS

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CONTENT IS LIVE FROM 10 DECEMBER 2012 - 10 FEBRUARY 2013

**MAGELLAN EXPLORIST 610 GPS RECEIVER, \$549**

Rugged and waterproof device combining high sensitivity GPS reception with easy to read mapping and accurate navigation for confidence in the great outdoors. The integrated 3.2 mega-pixel camera with auto-focus, microphone, and speaker enables you to record geo-referenced images and voice notes to relive and share your outdoor adventures.

## HEART RATE MONITORS

Polar FT7 heart rate monitor



**WE LOVE**  
Monitor those heartbeats, baby!

A practical buddy for clear training guidance

**POLAR FT7 HEART RATE MONITOR, \$159**

Whether you want to improve fitness or burn some excess body fat, the Smart Coaching functions allow you to make the most of every session: EnergyPointer shows the main effect of your training and Smart Calories tells you how many calories you expended.

## GPS WATCHES

Garmin Forerunner 110/110w  
with heart rate monitor



**FIT TIP**  
Stretch before you start training

Take the guesswork out of your health!

**GARMIN FORERUNNER 110/110W 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! It displays your heart rate BPM, and tracks your calories burned based off your heart rate data, so you know exactly how your exercise is affecting your body - and when to push it a little harder!

## SLEEP & STRESS RELIEF

Renew SleepClock



A soothing sleep makes a better day



**WE LOVE**  
Train yourself to achieve a better quality of sleep

**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! It does this by using a sensor to track changes in your movement and breathing. This info can be displayed in the Renew App where you can view your statistics for the night, the week, the month or the year.

## FITNESS EQUIPMENT

i.Pixel program bike



Perfect for training at home

**WE LOVE**  
The fusion of entertainment and health.

**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 that entertain you as you train. An ideal exercise machine for your home gym, it is adjustable to ensure comfort and stability, with a sturdy design. The bike offers built-in heart rate and exercise programs.

## FITNESS MONITORS

Fitbit Zip wireless activity tracker



**FIT TIP**  
Aim for 10,000 steps a day.

Keeping track of your steps helps your motivation

**FITBIT ZIP WIRELESS ACTIVITY TRACKER, \$69.95**

Track your steps, distance walked and calories burned, and set goals to help keep you motivated with this little wireless fitness buddy. Keep an eye on achieving your goals in real time with your stats wirelessly uploaded via computer or smartphone, so you'll know as soon as you have reached a goal.



12 week challenge

NEW YEAR

New Year FITNESS PLANNER

Harvey Norman

## SCALES & WEIGHT

Fitbit Aria Wi-Fi smart scale



**FIT TIP**  
Weigh yourself at the same time every day

Get an accurate depiction of your long-term weight!

**FITBIT ARIA WI-FI SMART SCALE, \$149**

Tell your weight who's boss. Track your weight, % body fat, and BMI over time with a host of online graphs and mobile tools as you learn how to stay on track and reach your goals. With a few clicks, you can set up the Aria scale from Fitbit to upload and sync your details to your home wireless network each time you step on the scale.