

GPS DEVICES

Magellan eXplorist 610 GPS receiver



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



i.PIXEL PROGRAM BIKE BY BH FITNESS. \$899

Enjoy your workout more than ever with the i.Concept 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.

iPhone not included

HEART RATE MONITORS

viewa

clear training guidance

viewa

Polar FT7 heart rate monitor



POLAR FT7 HEART RATE MONITOR, \$159

Whether you want to improve fitness of 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

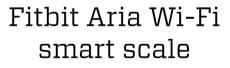
Garmin Forerunner 110/110w



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!

out of your health!

SCALES &





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.

 $To buy any of these products online, visit www.hn.com.au/connected health or call 1300 \, 464 \, 278 \, (1300 \, GO \, HARVEY)$

viewa

with heart rate monitor

A soothing sleep makes a better day

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

SLEEP & STRESS

RELIEF

Renew SleepClock

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WE LOVE

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Fitbit Zip wireless activity tracker



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.