

NEW YEAR

2013

# New You

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

**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.

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

Great colours. Get Fit. Have fun. Track your steps, distance walked and calories burned, and set goals to keep motivated with this little wireless fitness buddy.

## HEART RATE MONITORS



Also in black.

**NAVIG8R HEART RATE MONITOR, \$69**

With accurate tracking of your heart rate, exercise time and calories burned, this Navig8r is perfect for someone just starting out.



KEEP IT SIMPLE! Don't be without this great exercise aid.

**POLAR FT4 HEART RATE MONITOR, \$129**

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.



Available in purple or pink.

**TIMEX ZONE TRAINER HEART RATE, \$149**

Get the training edge by monitoring your average heart rate and calories burned. Training in your target heart rate zones gets results faster.

EXPERT ADVICE



LIBBY BABET

PERSONAL TRAINER

**WHY YOU NEED A HEART RATE MONITOR**

Whether you're an athlete or a rookie, a heart rate monitor will help you optimise your workouts. Self-tracking is easier and more precise than ever, so there's no excuse not to measure your progress!

**WHAT TO LOOK FOR**

A monitor should have plenty of memory, decent battery life and features that you need. A good GPS function will track your distance accurately, data transfer features let you upload your workouts to the computer, and some even have inbuilt 'trainers' to coach you on target heart rate zones for weight loss and optimised performance.



Monitor your heart rate and improve your edge

**MIO ACTIVE HEART RATE MONITOR, \$149**

Tracks your calorie consumption and the total number of calories you have burned in a day. ECG accurate heart rate without a chest strap.



**TIMEX ROAD TRAINER HEART RATE MONITOR, \$169**

Keep yourself in peak condition. Alerts you if you move outside of your target zone, so you'll know when to take a break to lower your heart rate or step it up.



**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!



HEART THROB Keep tabs on your heart rate

**POLAR RCX3 HEART RATE MONITOR, \$299**

Runners will love this heart rate monitor's six Smart Coaching features to help you reach optimal intensity, so each workout is better than the last.

Also in black.

# Harvey Norman

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