

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

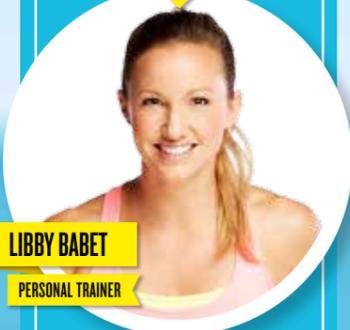


MIO MOVE SDC Pedometer, \$23.95
Get closer to your goal of at least 10,000 steps a day with this little pedometer. It tracks distance and calories burned as well as steps.

GARMIN FR70 HEART RATE MONITOR, \$199
Tracks everything you need to know about your workout, including time, heart rate and calories burned.

FITBIT ARIA WI-FI SMART SCALE, \$149
Know where you stand. Get where you want to be. With Aria, track your weight loss over time with a host of online graphs and mobile tools to help you reach your goals.

EXPERT ADVICE



LIBBY BABET
PERSONAL TRAINER

SCALES AND YOU

If your goal is weight loss, then measuring your progress is a must! Even competitive athletes need to know their body composition so they're on track by race day.

WHAT TO LOOK FOR

Body composition scales turn weighing yourself into a game - they reveal your BMI, body fat percentage, body water and bone mass.

BODY SCALES



Also in purple, apple or white.

SOEHNLE PINO DIGITAL PERSONAL SCALE, \$39

In a range of colours, 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.



WEIGHTWATCHERS BODY WEIGHT ELECTRONIC SCALE, \$39

Basic electronic scale for precise weight measurement. An ultra slim, stylish design with 30cm x 30cm platform made from impact resistant glass.



BEURER GS14 DIGITAL GLASS SCALE, \$49

Features a large comfortable standing platform of slim line design safety glass with an easy-to-read digital display, auto switch off, and tap-on technology.



Also in white or silver.

SOEHNLE SLIM DESIGN GLASS SCALE, \$59

Narrow hips, great curves - the Slim Design is an stylish ultra flat design personal scale.



Keep track of your health with accuracy



FUN & HANDY
Easy to use and beautiful to look at!

SOEHNLE PHARO 200 GLASS SCALE, \$59

This is a stylish scale with a large LCD screen and extra large display, extra large platform for extra stability, maximum 200kg capacity and auto on/off function.

BEURER DESIGNLINE HAPPY STRIPES DIGITAL SCALE, \$69

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



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 loss over time.



FT TIP
Weigh yourself at the same time every day

BEURER BG51 XXL 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.



FITBIT ARIA WI-FI SMART SCALE \$149

Tell your weight who's boss. Follow your progress and long-term trends as you learn how to stay on track and reach your weight goals. Available in black or white.

Harvey Norman[®]

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