

# CONNECTED HEALTH



**FIT TIP**  
Monitor your day & night activities

Available in black or burgundy.

### FITBIT ONE WIRELESS ACTIVITY + SLEEP TRACKER, \$119 EA

The One™ never rests. It tracks your steps, distance, stairs climbed and calories burned each day. Come nightfall, it measures your sleep cycle so you can learn to sleep better.



**HIGH TECH**  
Compatible with iPhone, Android, Blackberry & Windows 7 devices.

### BEURER RUNTASTIC HEART RATE MONITOR WITH ARMBAND, \$149

Transform your smartphone into the ideal fitness partner, to make your exercise easy and fun, and improve your fitness.



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.



### BODYMEDIA FIT, \$279

BodyMedia FIT automatically tracks the calories burned during your daily activities, works as a fitness monitor to measure the intensity of your workouts and monitors the quality of your sleep, an important factor in weight loss.

### TIMEX ZONE TRAINER HEART RATE MONITOR, \$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

### TRAINING TOOLS

Fit-technology is so much fun! They measure calories in vs energy out; there are tiny activity trackers that wirelessly connect to your computer; and sleep monitors for checking quality shut-eye!  
My activity/sleep tracker shows me how different workouts, meals and bedtimes affect my sleep, mood, performance and body composition.

**TRAIN SMART WITH THE LATEST CONNECTED HEALTH PRODUCTS FROM Harvey Norman®**



iPhone not included.

### WAHOO FITNESS RUN/GYM PACK FOR IPHONE, \$199

Into your running? Make your iPhone your digital fitness companion to record heart rate, speed and distance run. Works with iPhone 3G/GS, 4/4S.



*Knowledge is power! Blood pressure readings were never easier*

### SANTITAS UPPER ARM BLOOD PRESSURE MONITOR, \$69

Perfect for measuring your blood pressure at home. Using the WHO classification, receive clear feedback regarding your blood pressure measurements.



iPhone not included.

### 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!

*Goodbye Guesswork.*  
**HELLO WEIGHTLOSS.**

### BODYMEDIA FIT, \$279

**BODYMEDIA FIT IS DESIGNED FOR YOU.** You burn calories differently than anyone else, 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®

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