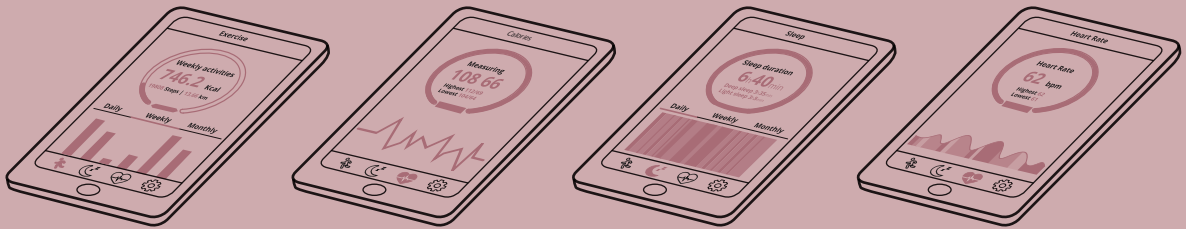


# HOW ACTIVITY TRACKERS HELPS YOU IN YOUR DAILY LIFE

Tracking information like movement, steps, heart rate and the latest trend blood pressure, are just some parts of the quantified self movement which is quickly gaining in popularity. With so many wearables on the market today, choosing a fitness tracker or smartwatch can be difficult. Below overview shows you how activity trackers can help you in your daily active life.



**1** It helps you **exercise** better



**2** It helps you **eat** better



**3** It helps you **sleep** better

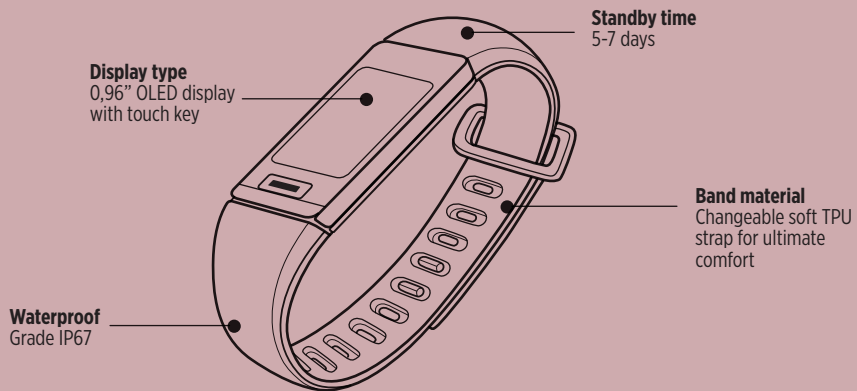


**4** It helps you **live** better

\* Phone system: above Android 4.4/iOS 8.0

## HIGHLIGHTS

Our latest addition is a true masterpiece. Built with the latest technology and equipped with all the tracking measurements the modern active man or women needs. Let's take a closer look.



\* For an overview and comparison, please ask for our factsheet