



How much physical activity are you really getting each day?

**Are you active enough?
Let's find out with Go Time!**

Our new Go Time activity pedometers accurately and easily measure moderate to vigorous physical activity (MVPA), so any walker/jogger can easily read how much of their daily activity time was active enough to become a true health benefit. Simple to use, this feature aligns perfectly with the latest medical recommendations: are you getting at least 60 minutes of MVPA per day?

Every Go Time pedometer features a large, easy-to-read digital display that measures steps and total daily activity time. Plus, our new advanced G-sensor means Go Time is always accurate, whether you carry it in a pocket or a bag, or wear it on a strap.

Easy as Ready, Set, Go Time!



GO TIME



GO TIME PRO



GO TIME PRO +



	G-sensor	MVPA *	Step Counter	Daily activity timer	12/24 hr clock	Distance Steps/min and km/h	Calories	Speed	7-day memory	USB download
GO TIME	✓	✓	✓	✓						
GO TIME PRO	✓	✓	✓	✓	✓	✓	✓	✓	✓	
GO TIME PRO +	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Go Time activity pedometers come in black, red or green. Custom colours are available with a minimum order of 3000 units. Comes with choice of lanyard or leash.

*Go Time Pro and Go Time + have a customizable MVPA threshold and time filter. Go Time has a preset MVPA threshold of 110 steps per minute and a preset MVPA time filter of 0.



featuring
MVPA Technology

GET HEALTHY WITH **MVPA** TECHNOLOGY

The Canadian Physical Activity Guidelines suggest that adults should accumulate at least 150 minutes of moderate to vigorous physical activity (MVPA) weekly in bouts of 10 minutes or more. You can use a pedometer to count your steps and even time your daily activity. But how do you know how much of your daily activity time is active enough to become a true health benefit?

Go Time is not just about walking - it's about getting fit.

With its built-in **MVPA timer**, Go Time monitors your walking and calculates the time you spend doing moderate to vigorous activity. It even measures bouts of uninterrupted moderate to vigorous physical activity with its **MVPA time filter**.

Know exactly how much of your walking is spent in that key aerobic zone with Go Time's unique MVPA feature!

Set your own MVPA threshold*

Personalize your MVPA zone based on your fitness level.

Accumulate time on the MVPA counter only when you move at a speed over your selected steps-per-minute (SPM) threshold.

SPM levels can be adjusted from 90 to 160 SPM in increments of 5.

Set your own MVPA time filter to record bouts of continuous activity*

Measure only continuous bouts of MVPA time to ensure you accumulate the full benefits of aerobic activity.

Accumulate time on the MVPA timer only if your MVP activity exceeds your time filter setting.

The MVPA time filter can be set from 0 to 15 minutes at 1 minute intervals.

Be fit and have fun. It's as easy as Ready, Set, Go Time!



Contact us for more information: 1-855-PRW-WALK
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*Available with Go Time Pro and Go Time Pro + only. Go Time has a preset SPM of 110 and a preset MVPA time filter of 0. Custom colours are available with a minimum order of 3000 units.