**Features for 5 PRW pedometers**

***Go Time***

\* G-sensor (top of the line tri-axis technology), meaning the pedometer can be worn around the neck or put in a pocket or bag. The orientation does not matter as this pedometer accurately measures steps, time of activity and MVPA.

\* 10-step buffer - intentionally built into the pedometer, this feature means that incidental steps (under 10) are excluded pushing the user on to more purposeful, life saving activity. According to a study of 54,000 men and women by Dr. Steven Blair, the number one predictor of premature death ahead of smoking, high cholesterol, high blood pressure, obesity and diabetes was low cardio-respiratory fitness, which can be mitigated by 30 minutes of brisk walking every day!

\* 4 modes - this pedometer measures daily steps; cumulative steps up to 1 million (great for challenges lasting for a week or more as daily steps can be reset while preserving the total step count); time of activity (by the end of the day users can see how long they have been active in hours, minutes and seconds); MVPA (moderate-to-vigorous physical activity) - as a subset of the activity time, users can see what portion of the time was good for their heart (over 110 steps per minute). Example: at the end of the day Bob may have: recorded 8,246 steps; recorded 58 minutes of activity time but only have a MVPA reading of 17 minutes. That means only 17 minutes of his 58 activity minutes were walked at a pace that was over 110 steps per minute and, therefore, good for his heart.

\* sleep mode - after 1 minute of no movement the pedometer will go into to sleep mode to preserve battery life. Therefore, there is no on/off switch.

\* the pedometer ships from the factory in sleep mode. This, again, preserves battery life should the pedometer not be used right away and is, instead, stored.

\* Dimensions: 7. 5 cm x 3.2 cm x 1.2 cm or 3 in x 1.25 in x 3/8 in

***Go Time Pro***

\* G-sensor (top of the line tri-axis technology), meaning the pedometer can be worn around the neck (lanyard included) or put in a pocket or bag. The orientation does not matter as this pedometer accurately measures steps, time of activity and MVPA.

\* 10 step-buffer - intentionally built into the pedometer, this feature means that incidental steps (under 10) are excluded pushing the user on to more purposeful, life saving activity. According to a study of 54,000 men and women by Dr. Steven Blair, the number one predictor of premature death ahead of smoking, high cholesterol, high blood pressure, obesity and diabetes was low cardio-respiratory fitness, which can be mitigated by 30 minutes of brisk walking every day!

\* modes - this pedometer measures:

\* daily steps

\* distance in kilometers or miles

\* KCal burned

\* time of activity (by the end of the day users can see how long they have been

active in hours, minutes and seconds)

\* MVPA (moderate-to-vigorous physical activity) - as a subset of the activity time,

users can see what portion was good for their heart (over a preset "x"

number of steps per minute). Example: at the end of the day Bob may

have: 8,246 steps; recorded 58 minutes of activity time but only have a

MVPA reading of 17 minutes. That means only 17 minutes of his 58

activity minutes were walked at a pace that was over his pre-set

threshold of steps per minute therefore, good for his heart.

\* all modes have a 7-day memory

The *Go Time Pro* also shows:

\* steps/minute and km/hr or mi/hr

\* 12/24 hour clock

\* allows the user to set the MVPA steps/minute threshold between 90 and 160

\* allows the user to set the bout of activity time related to MVPA from 1 to 15 minutes

(e.g. A user may choose 5 minutes of sustained activity in order to count as MVPA)

\* automatically resets at midnight (to start a new day) but keeps the past 7 days of

data

\* sleep mode - after 1 minute of no movement the pedometer will go into to sleep

mode to preserve battery life. Therefore, there is no on/off switch.

\* the pedometer ships from the factory in sleep mode. This, again, preserves battery

life should the pedometer not be used right away and is, instead, stored.

* Dimensions: 7. 5 cm x 3.2 cm x 1.2 cm or 3 in x 1.25 in x 3/8 in

We now also have a **Go Time Pro+** (no sample) that is downloadable via USB

**Hipster Classic**

This four-function pedometer is also one that is pendulum style, meaning that it must be worn on the hip and for accuracy, right over the hip pointer (or iliac crest of the pelvic girdle).

The four functions of this pedometer are:

\* steps

\* distance

\* Kcal

\* 12/24 hour clock

On the back of the clasp there is a small hole that allows the attachment of our "loss prevention leash" (which then attaches to a belt loop) to prevent the loss of the pedometer should it pop off of your belt or pants.

Dimensions: 5.5 cm x 3.5 cm x 1.2 cm (2.6 cm with clasp) or 2 1/8 in x 1.5 in x ½ in (1 in with clasp)

**Hipster Evolution**

This four-function pedometer has the same functions as the Hipster Classic. It measures:

\* Steps

\* Distance in km or miles

\* Kcal

\* 12/24 clock

In addition to these four functions, however, the Evolution has a G-sensor (top of the line tri-axis technology), meaning the pedometer can be worn around the neck (lanyard included) or put in a pocket or bag. The orientation does not matter as this pedometer accurately measures every step. It also comes with a holder that allows it to be worn on the hip if that method of wearing the pedometer is desired.

This pedometer has a six-step buffer intentionally built into it. This feature means that incidental steps (under 6) are excluded pushing the user on to more purposeful, life saving activity. According to a study of 54,000 men and women by Dr. Steven Blair, the number one predictor of premature death ahead of smoking, high cholesterol, high blood pressure, obesity and diabetes was low cardio-respiratory fitness, which can be mitigated by 30 minutes of brisk walking every day!

Dimensions: 5.5 cm x 3.5 cm x 1.2 cm or 2 1/8 in x 1.5 in x ½ in

**Hipster Evolution Plus**

This four-function pedometer has the same functions as the Hipster Evolution. It measures:

\* Steps

\* Distance in km or miles

\* Kcal

\* 12/24 clock

\* Downloads data via a USB cable to tracking software

Exactly the same as the Evolution, the *Plus* model also has a G-sensor and the same 4 functions plus it can download its data via a USB cable into CoreHealth’s software.

This pedometer has a six-step buffer intentionally built into it. This feature means that incidental steps (under 6) are excluded pushing the user on to more purposeful, life saving activity. According to a study of 54,000 men and women by Dr. Steven Blair, the number one predictor of premature death ahead of smoking, high cholesterol, high blood pressure, obesity and diabetes was low cardio-respiratory fitness, which can be mitigated by 30 minutes of brisk walking every day!

Dimensions: 5.5 cm x 3.5 cm x 1.2 cm or 2 1/8 in x 1.5 in x ½ in

Logo Setup: $40.00 per colour, per position

Logo Imprint: $0.09 per colour, per position

Colour box setup: $375 (Minimum quantity 3000 pieces)