



**MAKING MOVEMENT MEASURABLE**

## FAQs - What is MYZONE®?

MYZONE is a new innovative heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity.

It monitors heart rate, calories and time exercising that converts into MYZONE Effort Points (MEPs), with a focus on rewarding effort rather than fitness.

MYZONE users simply wear a comfortable MYZONE Physical Activity Belt (heart rate strap), which is registered online, to monitor all concerted physical activity in real time, allowing users to view their progress in their personal account.



MYZONE enhances members' enjoyment at the gym by providing personal, colour-coded guidance and motivational feedback both inside and outside the four walls of the club.

The MYZONE system motivates and measures people of any shape, size, age or interest to get more active anywhere.

### **MYZONE® users can:**

- Exercise inside and outside of the gym and have their activity recorded.
- Login online anywhere and track their activity and progress.
- Earn MEPs for every minute of physical activity.
- Participate in challenges based on physical activity and measure results.
- Achieve their goals via utilizing heart rate intensity feedback.

[www.myzonemoves.com](http://www.myzonemoves.com)