

EVERY MOVEMENT MATTERS!

At Inspiring healthy lifestyles we can offer you the latest wearable technology to record your physical activity along with coach support to help you achieve realistic goals.

- ✓ **Worried about your health but not sure what you can do?**
- ✓ **Feel like it's too late to make a difference?**
- ✓ **Choose your own activities**
- ✓ **Not got the time due to family/work commitments but feel you need to do more?**
- ✓ **Exercise not for you?**
- ✓ **Gym membership too expensive?**

Key Features:



ACTIVITIES



CALORIE



DISTANCE



GOAL



HIGH INTENSITY
ACTIVITIES



WIRELESS
TRANSMISSION

Congratulations – you're on your 1st step to a new lifestyle!

Contact Inspiring
healthy lifestyles on
01942 488481
to check you qualify
for your FREE
activity tracker



**Before your
appointment go to
your compatible store
and download the Garmin
Connect App – this will
save you bags of time!**
[https://connect.
garmin.com/en-US/start/
vivoki/mobile](https://connect.garmin.com/en-US/start/vivoki/mobile)

Qualify?
Great, book in to
see one of our super
coaches who will set you
up and running with
your Garmin Vivoki
activity tracker

