

# lifestyle monitors...

...to encourage healthy living

Healthy  LIFESTYLE



**KINeTIK**  
healthcare for everyone



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...to encourage healthy living

Around the world millions of people are overweight or obese, putting them at increased risk of heart disease, diabetes and strokes. Our mission is for every home to own health monitors to enable people to keep a regular check on their well-being. We have created a range of affordable and accurate products designed to be easy to use to support a healthier lifestyle.

Studies show that walking 10,000 steps a day can reduce the risk of coronary heart disease and strokes, lower blood pressure, reduce high cholesterol and body fat and the Kinetik Digital Stepometer has been designed to encourage users to meet this target. Using our digital Heart Rate Monitor helps keep a check on heart rate during exercise as the heart rate increases above its resting level. Similarly, keeping a check on weight and visceral body fat levels can be used to monitor progress over time in a controlled fitness or weight loss programme.

**HRM2**

easy fitness monitoring during exercise with the **heart rate monitor**

Our heart rate monitor includes a watch style wrist unit to display the time and date, current, average and maximum heart rate, 1/100 second stopwatch alarm and backlight. This is complemented by a chest transmitter to be worn during exercise that contains electrodes to detect the heart rate continuously and transmit the information to the wrist unit. Battery operated, discreet and easy to use whilst exercising it provides the ideal incentive to improve fitness levels.

**S1**

count the number of steps every day with the **digital stepometer**

Our pocket sized Kinetik Medical Stepometer is designed to help keep a check on the number of steps that the user takes each day. The smooth elliptical design includes a large easy to read screen to show steps taken, distance travelled and calories burned. There is an integrated stopwatch and 10,000 step reminder alarm which alerts the user when the target number of steps is reached.

**BFS1**

check weight and body fat with the **visceral body fat scales**

Excess body fat can cause major health problems, especially visceral fat which accumulates around the internal organs and can cause heart disease, strokes, diabetes and hypertension. Our visceral body fat scales are ergonomically designed to display weight, visceral fat levels, body fat and body water percentages. With 3 memory profiles and 1 guest profile; the user enters their age, height and gender for a more accurate reading. Battery operated, these scales are ideal for use in any home.



our vision is  
health monitors in every home

Kinetik's body composition monitor, heart rate monitor and stepometer make the best use of technology to improve people's health and wellbeing. Ergonomically designed to be portable and easy to use, these products are affordable and can help people across most ages and demographics.

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



At Kinetik our passion for design excellence led us to team up with the internationally renowned, London based, product design consultancy, therefore.

**kinetik**  
medical

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