

strollometer[®]

Stroll back into shape.[™]

TOP TIPS FOR USING YOUR STROLLOMETER

Walking with your buggy is the ideal way to get fit and fulfill the government recommended health guidelines.

It is advised that adults do at least 30 minutes of moderate exercise five or more days a week...and what better way to this than to go for a stroll with your baby.

Anyone can go for a walk, but by monitoring how far & fast you are going using The Strollometer, you will not only get motivated, but also get fit.

So why use a Strollometer?

Think of your Strollometer as your own personal treadmill, and it's even with you wherever you go! Pushing you to up your pace and challenge you every step of the way.

By logging your stats, including maximum speed, average speed and distance you will be able to set yourself targets, you never thought you would be able to achieve.

The STROLL FOR GOOD application on FACEBOOK tracks your walks over time and graphically shows you how you are getting on. (Go to <http://apps.facebook.com/strollforgood/>)

More than anything else, it's great for motivation. Just by going about what you already do you can improve your fitness. Not only walking further, but also adding speed to your daily walks can make a huge difference to your fitness and weight loss.