

Gifts For The Mind & Body

Healthy Gadgets

Looking for more motivation to improve your physical well-being in the New Year? Be encouraged: there are many portable devices to help you stay committed, track your activities, and more.

Zeo Mobile Sleep Manager

MSRP: \$99 | SKU: 2869936



This comprehensive system can help you track the quality of your sleep by measuring your restorative REM and Deep sleep. The Zeo Mobile Sleep Manager features an adjustable SoftWave sensor headband and works with your Bluetooth-enabled smartphone. To enhance your wellness, you can take control and manage your sleep using Zeo's free coaching program and online tools.



MOTOACTV Fitness Tracker & Smart Music Player

MSRP: \$249 | SKU: 3754696



Fusing music and fitness, MOTOACTV can track every part of your workout using Accusense Technology and a GPS. As you push yourself, this smart music player will create playlists while it also records your time, distance, pace, and calories burned. Built tough, MOTOACTV is ideal for multiple sports, such as running, biking, or working out at the gym.



Fitbit Ultra Activity+Sleep Tracker

MSRP: \$99.95

SKUs: 3440474 (plum); 9594824 (teal)



Fit fitness into your busiest days. Fitbit Ultra shows real-time stats, such as steps, distance, and calories burned, so you know how close you are to your goals throughout the day. This device even tracks your sleep. Small, and discreet, Ultra can be tucked into a pocket or clipped on a belt or bra. It also wirelessly uploads your fitness info so you can track it, share with friends and earn badges online, all for free.





iHealth iScale
Wireless Bluetooth Scale **iHealth™**

MSRP: \$69.99 | SKU: 3224081

Working with a free app, the iHealth iScale will read and record your weight on your iPod touch, iPhone or iPad using a wireless Bluetooth connection. Track your progress and organize records using graph tools or set weight goals with a Milestone feature. The scale can also work with multiple mobile devices, so more than one person can use the technology.



Nike+ SportsWatch GPS
Powered By TomTom

MSRP: \$199.99 | SKU: 2843064



The Nike+ SportsWatch GPS offers you a new running experience. The GPS receiver works in tandem with the shoe-based Nike+ Sensor to deliver highly accurate pace and distance data while in-run. Adds personalization and motivational features to the running experience, including audible sounds, challenges, run reminders, and more. Connects directly via your PC or Mac to www.nikeplus.com.



BodyMedia
FIT LINK Armband

MSRP: \$249.99 | SKU: 3440508



The Bluetooth-enabled LINK Armband communicates with your smartphone to provide real-time data. Capturing over 5,000 data points per minute using four sophisticated sensors, the FIT LINK armband tracks calories burned, steps taken, physical activity, and sleep. BodyMedia FIT LINK gives you the most accurate calorie burn in the market and has been clinically proven to improve weight loss by 3X.*



* data on file