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Product Name: Oregon Scientific - Pedometer with Pulse Meter - PE326PM

Manufacturer: -

Model Number: PGIFTSO447

Pedometer With Pulse Meter - PE326PM Oregon Scientific pedometers are the can't live without fitness accessory. Studies have shown that walking 10,000 steps a day can combat obesity. 10,000 steps is equivalent to walking five miles. The average Brit clocks up a pathetic 3,000 steps a day! But how do you motivate yourself and how do you keep track of 10,000 steps? The answer lies in a pedometer, a simple device that records your steps on a screen - so you can set hourly targets. Achieving healthy success is within anyone's reach. Walking 10,000 steps a day can be a daunting task, so here are some tips on how to reach that elusive figure: Features

- Take the stairs instead of the lift
- Park a little further away from your destination and walk an extra five minutes
- Walk during your lunch break
- Walk to the local shops for the forgotten bits and pieces
- Walk to your friends house instead of driving
- When watching TV, take a walk in the ad break
- Don't call your office colleagues walk to their desk and talk face-to-face
- Don't forget to wear your pedometer at all times!
- You are probably walking more than you think so make every step count!

Price: R346.80

Availability: This product was added to our catalog on Thursday 01 January, 1970