

stepahead

NOW IT'S EASY TO START
THE NEW YEAR OFF ON
THE RIGHT FOOT.



HEART FOUNDATION PEDOMETER

Did you know that for optimum fitness the average adult should walk 10,000 steps a day? This small black pedometer clips onto your waist-belt and looks like a pager. It measures the number of steps taken, calories burned and distance walked. You may be surprised to find you need to move much more than you already do. Strap it on and get stepping.

Price: \$49.95

Tel. 1300 362 787

www.heartfoundation.com.au

QLINK

What do Sarah Jessica Parker, Madonna and golfer Ernie Els have in common? They all swear by their QLink. It simply hangs around your neck and features advanced technology that combats electro-magnetic fields and acts as a tuning fork for the body. Sceptics should read through the scientific studies or simply try one for themselves. Lasts a lifetime.

Price: \$198

Tel. 1800 175 465

www qlink.com.au

OREGON SCIENTIFIC OUTBREAKER WATCH

You won't get caught in a rainstorm when you go jogging with this virtual weather station. The Outbreaker Mountain Watch provides a weather forecast in easy-to-read symbols, the temperature, altitude and barometric pressure. You'll also find a stopwatch, timer, calendar, and alarm. It's water resistant up to 50 metres, and yes, it also tells the time.

Price: \$199

Tel. 1300 300 155

www.oregonscientific.com.au

SAMSUNG YEPP SPORTS (256MB)

Designed for the fitness fanatic, the Yepp is more than just an MP3 player that holds about 80 songs. You could simply adjust the heavy duty arm band and wear the player while you go for a run. But look closer and you'll also find a heart rate monitor, calorie counter, stopwatch and FM radio packed inside. Two pairs of headphones are included.

Price: \$399

Tel. 1300 369 600

www.samsung.com.au