



AiperMotion 440™

Improve your *everyday life!*



- activity and nutrition monitoring
- raises awareness for a healthier living
- enhances fitness, improves nutrition, manages weight
- motivation through instant feedback
- comprehensive analysis software
AiperView

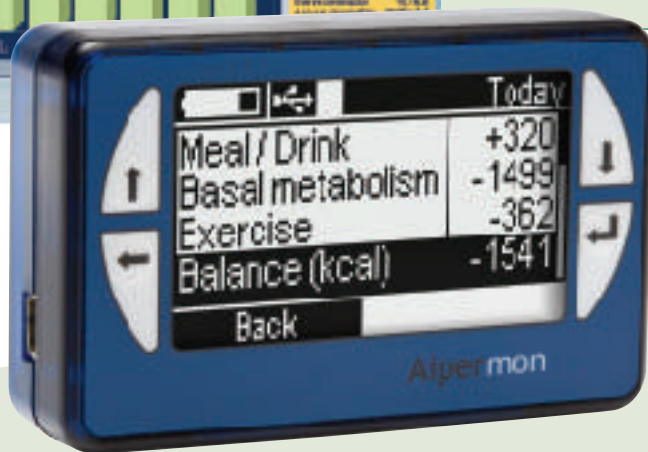


AiperMotion 440™
The Energy Balance Coach



- Calculates your basal metabolisms
- Adds your nutritional input
- Counts your physical activities
- Shows your energy balance

“Earn” your extras by more moving!



*Who doesn't raise anything
for his well-being every day,
must sacrifice a lot of time
for the complaint one day.*

Sebastian Kneipp

From now on your energy balance is **balanced!**

To find and to maintain the balance.

Whether we lose, keep or gain weight depends on the balance of our ingestion and calorie consumption. Our long-term state of health is also affected by this equation. Who eats too much and moves too little, gains weight in the long run. Who manages his energy balance, keeps his weight and enjoys a significantly reduced health risk.



AiperMotion is the first device which displays your individual energy balance every day. You can always see how balanced your energy account is. With the appropriate software AiperView 440, you are able to learn to equalise your energy balance in the long term or influence it favourably if you would like to lose weight. Another welcome side effect: You can become more fitter simply through more activity in your everyday life!

It works quite simply.

AiperMotion measures your activity automatically. You enter your food and drinks via a simple menu. The device records your intake of calories and controls whether or not you use up more calories than you consume and lose weight. If it shows you an equalised energy balance you maintain your weight.



AiperMotion puts it in a nutshell.

- The more you move, the higher your energy consumption is.
- The more aware you are of what you eat and drink, the better your weight reduction success is.

AiperMotion simplifies.

To succeed you just need two things:

- conscious eating
with or without diet
- enough activity every day
with or without sport



AiperMotion 440. The daily *dose of activity.*

AiperMotion 440.

AiperMotion 440 combines two major health and weight reduction topics in one product: activity and nutrition.

Motion monitoring with AiperMotion.

The device contains a high-tech three dimensional acceleration sensor. Worn on your hip it records your motions the whole day. Whether you are preparing breakfast, going downstairs, walking to work, filing records or doing housework – the sensor measures what you are doing.

Thereby AiperMotion distinguishes between several activity levels which illustrate the intensity and duration of your particular motion:

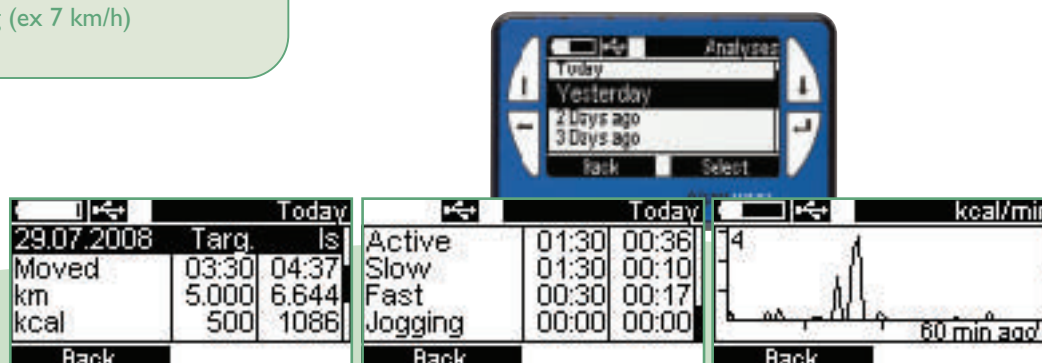
- active: all motions without steps such as housework and gardening
- walking slow: tempo of pace (3-5 km/h)
- walking fast: efficient walking (ex 5 km/h)
- jogging (ex 7 km/h)



Additionally, AiperMotion records the distances you are covering per day.

On the basis of your individual data (gender, age, height, weight, step lengths) the device is able to assess the quantum of your everyday motion. The WHO and the UN published a rating and recommendation system for a healthy degree of daily motion. This framework is based on the PAL factor (Physical Activity Level).

AiperMotion measures your physical activity. The appraisal of results shows if your daily activity amount corresponds to the recommendations for healthy living.



The easy way to *healthier living!*

AiperMotion supports you everyday.



AiperMotion optimises my fitness balance.

„As a managing director I never had enough time to schedule healthy food and adequate activity in my stressful working day. Now I carry my small personal nutrition and fitness coach with me all the time. It reveals my pending activity. It reminds me of my ideal day program and I hit my targets!”



AiperMotion helps me to achieve my weight reduction goals.

„I felt like losing weight. But as a working mum I didn't have time to go to the gym or join a weight reduction group. With AiperMotion I always have my “little conscience” with me. Now I watch what I eat. I improve my daily routine by taking every chance to move – at work, at home and with my kids! 5 kg less is my success.”



AiperMotion slenderises.

„With AiperMotion I detected and reduced the calorie traps in my nutrition. It works and the result is quite astonishing.“

Counting calories manually *was yesterday!*

Nutrition notes with AiperMotion.

Notes of the daily ingestion had so far been a laborious issue for people willing to reduce weight. Personally controlling the consumption of food and beverages became tiresome after a few days. But it is the best way to change nutrition habits step by step.

A sophisticated system.

With AiperMotion, notes after each meal are settled quickly. Subsequent to your meal you choose the type from a menu: breakfast, cold meal, dinner, snack or goodies – small, medium, large. If you know the exact calories – e.g. for a snack – you can enter it directly. AiperMotion saves your entries and calculates your energy balance.

The evaluation of the meal sizes is based on a sophisticated system which factors both individual user data and the recommendations of nutritionists in. For instance, a person who has three normal meals, two small snacks and two drinks equal the recommended daily energy supply - appropriate activity is assumed.



The best choice *in the long run.*

Weight control with AiperMotion.

The device is able to document weight changes after the first entry of your personal values. On the basis of your entered weight the calculations of your activity level and your energy balance are adjusted permanently.

Features

- energy balance based on
 - activity monitoring in everyday life
 - nutrition notes
 - calculation of basal metabolism
 - entry of special activities
- weight control
- motivation for more activity
- nutrition control
- long-term analysis

Coaching and long-term experience with AiperView.

The device shows the report for 7 days and stores it for 40 days. With the included PC software, AiperView data from the device can be displayed considerably and analysed.

Analysis

The software approves daytime, week and long-term analysis for motion, energy balance and weight development. Due to its additional features, it enables the setup of comprehensive managed care concepts around activity and nutrition.

Every graphic the adviser would like to use for his consultation can be commented and printed. Thus, an extensive tool for long-term and distance care programs for activity and nutrition is developed.

A single user can individually amend and comment his statements. This way he is able to afford a long-term measurement and control system suited for daily use.

