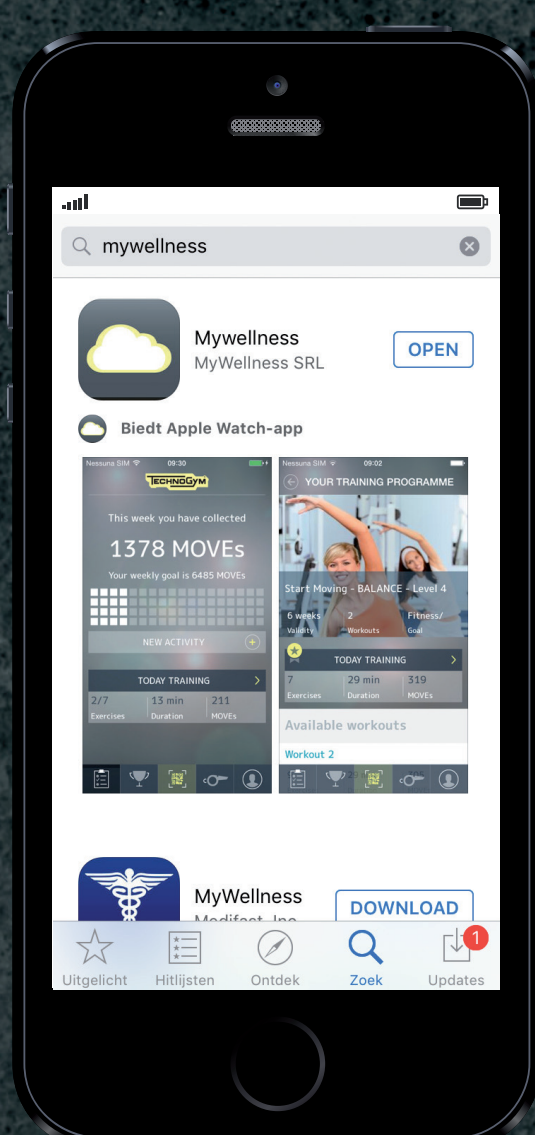


# Become healthier and more active

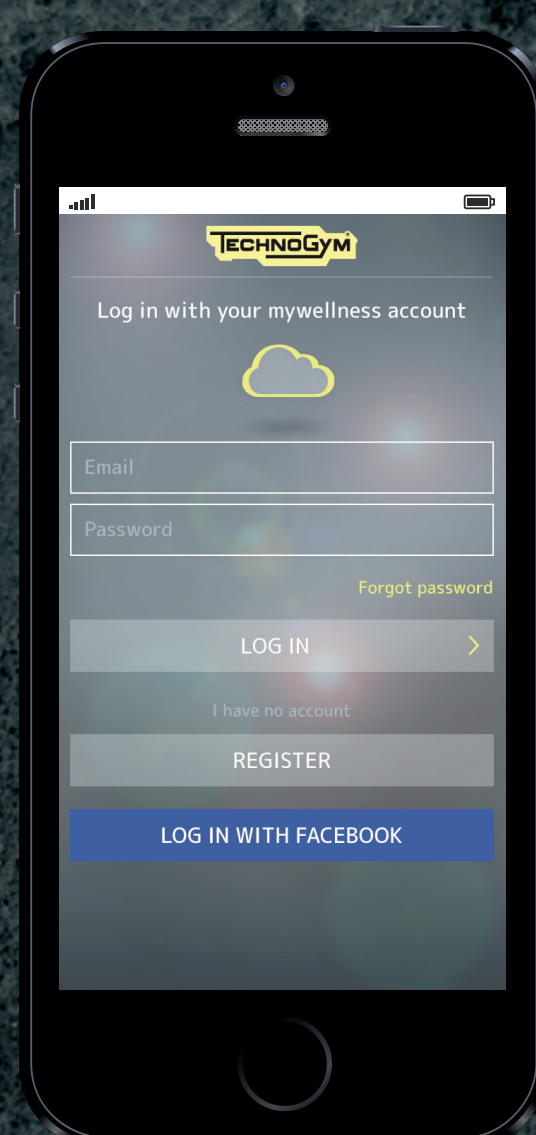
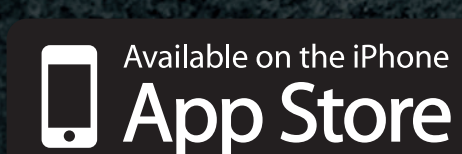
## Welcome to this wellness area.

When you download the mywellness app, you can directly see and track your training program and **moves**, instructions and videos will help you during your training.

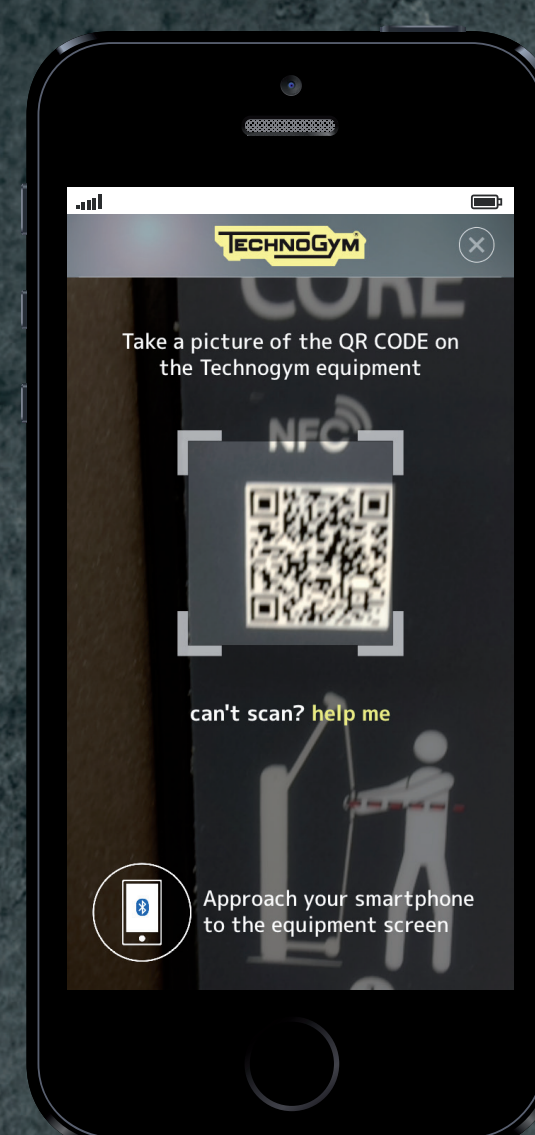
### Start here!



Download the mywellness app for free on your smartphone

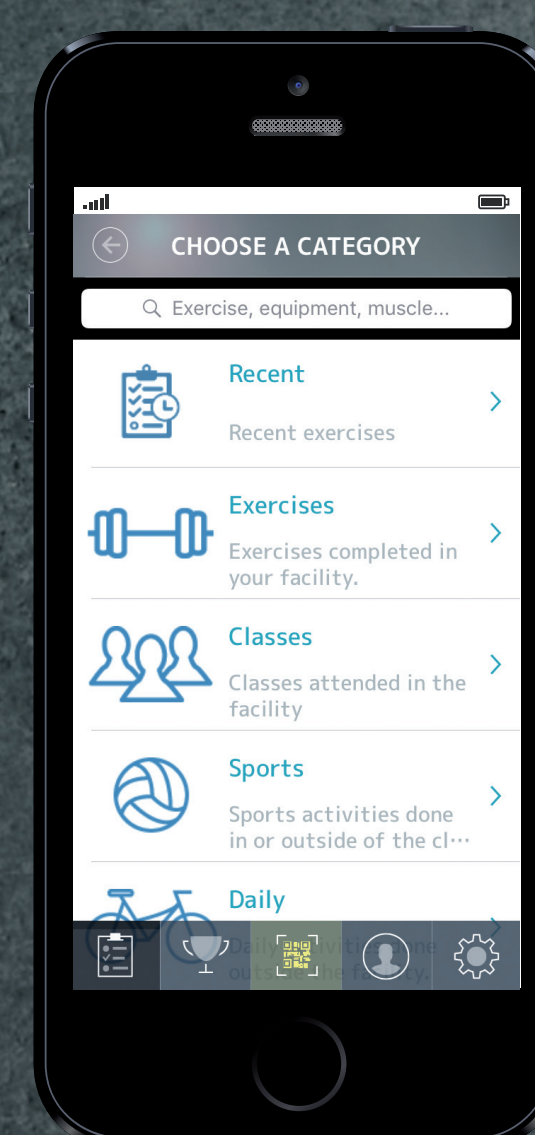


Create your mywellness profile



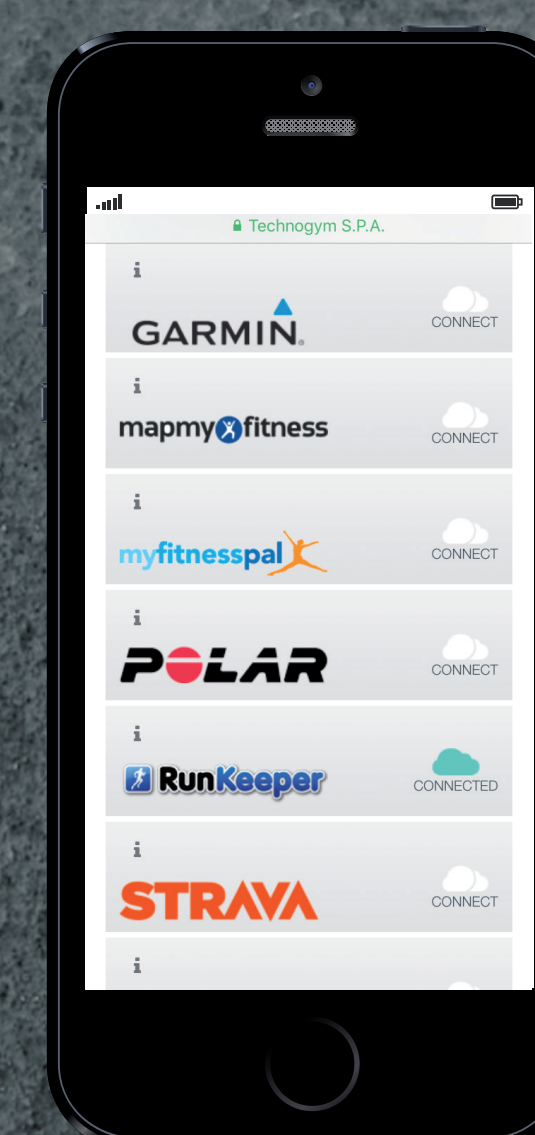
Start your training!

1. Scan the QR code on the equipment with the QR scanner in the mywellness app.
2. The exercise opens now, you can select 1 type of exercise. The video shows how to execute your exercise.
3. Manually tracking: Confirm or change the exercise details of your training.
4. Press the safe button and continue your training.



No QR code on the equipment?

1. Add a new activity on your home screen in the mywellness app.
2. Select a category and choose your exercise.
3. Confirm or change the exercise details of your training
4. Press the safe button and continue your training.



Outdoor activity!

Track your outdoor activities directly with the mywellness app or automatically synchronize the data you have collected in other applications such as RunKeeper and MapMyFitness.

Connect your lifestyle apps to the mywellness app: settings / preferences.

**moves** You can be active at home, at work, at the gym or in a park, even while you are travelling. 'Moving' is the key to an active lifestyle and now you can measure your activities with **moves**. Unlike counting the number of calories burnt, **moves** are independent of body weight; so they are a more effective way of comparing your activity level to your friends and colleagues. Find out how active you are based on your total amount of **moves** :

- Not very active up to 499 **moves**
- Moderately active from 500 to 749 **moves**
- Active from 750 to 999 **moves**
- Very active over 1000 **moves**



The Wellness Company