

INGENIOUS IDEAS

Devices Keep You Healthy and Informed

(NAPSA)—The next time you see someone looking at his wrist, he may be checking more than the time. He may be monitoring his health.

Increasingly, exercise enthusiasts, power walkers and daily joggers are using fitness products such as the Oregon Scientific altimeter watch with heart-rate monitor and chronograph stopwatch to improve workout efficiency.



TIME TO GET HEALTHY

The wireless chest strap transmits the wearer's heart rate to the watch and has a heart rate limit alarm.

The altimeter measures altitude from -1,312 to 30,000 feet and vertical speed up to 150 feet per second.

In addition, the water-resistant watch monitors outdoor temperature and barometric pressure that keeps exercisers informed about weather conditions throughout their workout.

For more information, visit www.oregonscientific.com.