

# WEIGHT LOSS

## IDEAS

## TIPS TO HELP YOU



# Shedding Pounds

(NAPSA)—Tipping the weight-loss scales in your favor could be easier than you think. Experts say the key is to find simple ways to help you get into a routine. That's where gadgets can come in handy. New accessories make it easy to create a personalized fitness program. Life Fitness has partnered with CVS/pharmacy to introduce gear that helps you track and meet fitness goals:

### **Hit Your Target Heart Rate**

A device called the Life Fitness Dual Watch & Heart Rate Monitor lets exercisers track the intensity of their workout with a simple glance at their wrist. Reaching a target heart rate during exercise is critical to shedding pounds and maximizing a workout.

### **Step Smart**

Pedometers that log distance covered and calories burned can help monitor efforts whether you walk or run.

### **Know Your Index**

Additionally, a body mass index (BMI) scale precisely measures body fat based on height and weight. Weekly check-ins can help you stay motivated. The Life Fitness products are available exclusively through CVS.com and at CVS/pharmacy stores.