

fact Moderate increases in daily activity have a profound impact on wellness.



walk4life provides research-

quality, state-of-the-art pedometers

to help virtually anyone start and stay

on the path to improved well being.

From pedometers that measure steps

to those that calculate calories and

distance to others that offer innovative

enhancements, Walk4Life is the industry

leader in pedometer-enhanced fitness

and health solutions.

fact



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walk4life

start and stay on the path to improved well being

fact Enhanced fitness is within everyone's reach and easier to achieve than most people think.

fact Walk4Life is an industry leader in pedometer-enhanced



**fact** Consistent activity can make the difference.

## walkforhealth

In addition to working longer hours, we are endlessly bombarded with dire warnings, fad diets, dangerous drugs, quick fixes that don't work and unrealistic advertising images. No wonder so many people feel defeated about becoming fit.

Yet the outlook is more promising than it may seem. Regular activity such as walking can counteract a sedentary lifestyle and contribute to important health benefits, including a 20% reduction in breast cancer risk, a 50% reduced risk of diabetes and stroke, a 30-40% reduction in heart disease risk, significantly reduced risk of colon cancer and more. Plus, walking offers other valuable advantages such as increased energy, improved outlook and weight loss.

Better yet, research proves that exercise time is cumulative. Every step counts towards daily exercise goals, and improves health and fitness.

**That's why Walk4Life pedometers are so important.**



**fact** Walk4Life pedometers have been validated as accurate within 1%, making them among the most precise pedometers available.



## walkforsuccess

By providing an accurate measure of daily activity, a Walk4Life pedometer helps you set concrete goals for improvement, day after day and week after week. Our customers are consistently amazed at how much small detours in their regular routines – such as walking the long way around to the printer or parking at the end of the lot – contribute to reaching daily activity objectives.

Research proves that wearing a pedometer raises both the awareness and amount of daily activity. A Walk4Life pedometer becomes an always-available personal trainer that delivers immediate feedback so people can congratulate themselves on a job well done or identify specific strategies to improve tomorrow. And tomorrow. And tomorrow.

## walkforfitness

People who wear Walk4Life pedometers are energized and motivated to incorporate more activity into their lives. They soon notice that they feel better, move and wear clothes more comfortably, and sleep more soundly.



As activity becomes a reward instead of a chore, countless Walk4Life customers have begun and continued regular walking and exercise programs, using their pedometers as an invaluable tool to measure, motivate and succeed.

## walkforlife

Walk4Life pedometers are a valuable part of any effort to achieve the health benefits of a more active lifestyle. From structured and curriculum-based programs to incentives, giveaways and reseller opportunities, Walk4Life pedometers set the standard in many settings, including schools, clinics, medical centers, corporations, government, health clubs and more.

Walk4Life pedometers are the key to providing motivation and support to help everyone improve their fitness levels – and become healthier, happier, stronger, more alert and more productive in the process.

**fact** Every Walk4Life pedometer accurately measures each step from the time you clip it on in the morning until you take it off at night.

**Every Walk4Life pedometer is:**

- > accurate
  - > easy to read
  - > durable and sturdy
  - > unobtrusive and quiet
  - > flexible to meet your needs
- and **backed by a full year warranty** to ensure your satisfaction!

Contact us today to learn more!

walk4life.com

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fitness and health solutions.