

Just a step away
from a new
experience.



TECHNOGYM

The Wellness Company

Become healthier and more active.

Active people are healthier and live better lives. You can be active at home, at work, at the gym, at the park or while you travel.

Now you can measure your daily physical activity with MOVEs, Technogym's movement unit of measure.

Unlike the number of calories burnt, MOVE scores are independent of body weight; so they are a more effective way of comparing your activity levels to those of your friends.

Understanding Daily Moves

Find out how active you are:

- LOW ACTIVE: 0-499 **moves**
- MODERATELY ACTIVE: 500-749 **moves**
- ACTIVE: 750-999 **moves**
- VERY ACTIVE: OVER 1000 **moves**

Move more with mywellness.

Thanks to your **mywellness** account, where all of your lifestyle data is stored, you can:

- Record your indoor and outdoor workouts
- Access your activity data
- Track your results and review progress
- Record and review body measurements
- Link to popular health and fitness apps and devices



Create your personal account.



Download the **mywellness app** either from the App Store or Google Play store and **create your personal account.**

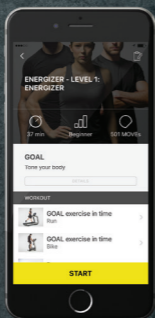


Enter your data and create your profile or **connect with Facebook.**

Check out your training programme.

2

Use our **UNITYSELF**
to view your programme,
track your progress
and access your results.



Check off each
exercise as you
perform it from the
list of exercises in
your programme.

**Each exercise comes
with a video to guide
and assist you.**

Track your activity.

3

Connect to the **cardio equipment** by simply using your key or smartphone.

With a smartphone and your mywellness app open, select the **QR code** icon and scan. For **NFC** compatible smartphones, just hold next to the screen.

On **strength and functional equipment** you can login in the same way by simply using your key or smartphone.





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For more information, please ask your
trainer or visit www.mywellness.com