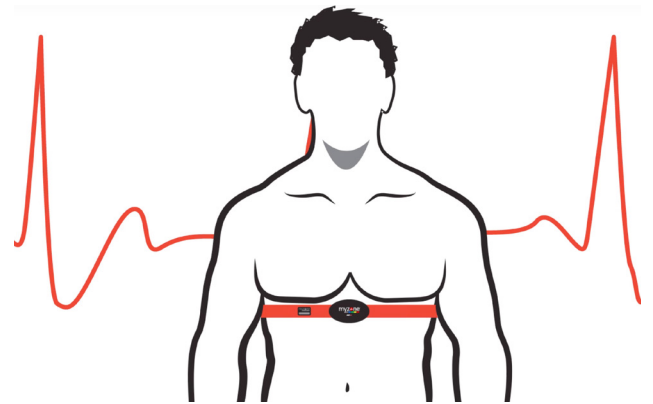




## What is Myzone?

Myzone is an innovative wearable heart rate based system that uses wireless and cloud based technology to accurately and conveniently monitor physical activity. Myzone monitors heart rate, calories and time exercising in real time and converts that into Myzone Effort Points (MEPs). MEPs focus on rewarding effort rather than fitness. It is the tool for anyone who wants an accurate, gamified and motivating wearable. Myzone is 99.4% accurate and is respected as the fitness industry's #1 wearable of choice.



### Q: What are Myzone Effort Points (MEPs)?

Myzone Effort Points (MEPs) are earned based on the effort exerted by the user. Time spent in each Heart Rate Zone earns different numbers of MEPs. MEP's are a way for you to score your workout. MEP's are a direct relation to your effort during your workout. Through the MYZONE app and club TV's, you are able to get immediate feedback on your exertion level.

- GREY:** 50% to 59% of Max HR
- BLUE:** 60% to 69% of Max HR
- GREEN:** 70% to 79% of Max HR
- YELLOW:** 80% to 89% of Max HR
- RED:** 90% to 100% of Max HR

### Q: How does Myzone calculate the 5 intensity Zones?

Myzone uses five color-coded Heart Rate Zones to establish the effort that users exert based on their maximum heart rate (Max HR). The effort is expressed as a percentage of the user's Max HR:

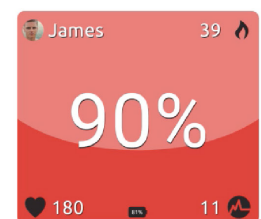
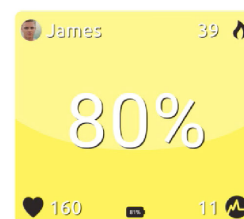
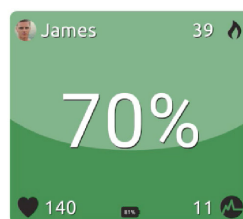
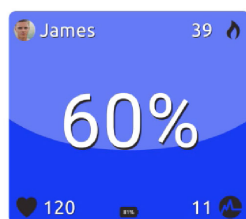
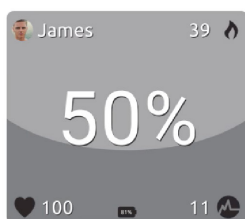
1 MEP / min

2 MEPs / min

3 MEPs / min

4 MEPs / min

4 MEPs / min



### Q: Why are MEP's important?

MEP's allow you to compare your workout from today against your previous workouts. It is an effort tracking system designed to show your effort and progress made. MEP's tracked using MYZONE also allow you to compare your workouts to your friends. A total score is calculated at the end of each workout and these MEP's accumulate over time. MEP's are also used within the DAC for member challenges. Challenges will be announced quarterly and every MEP counts!

Please see the front or back desk for questions and ordering!

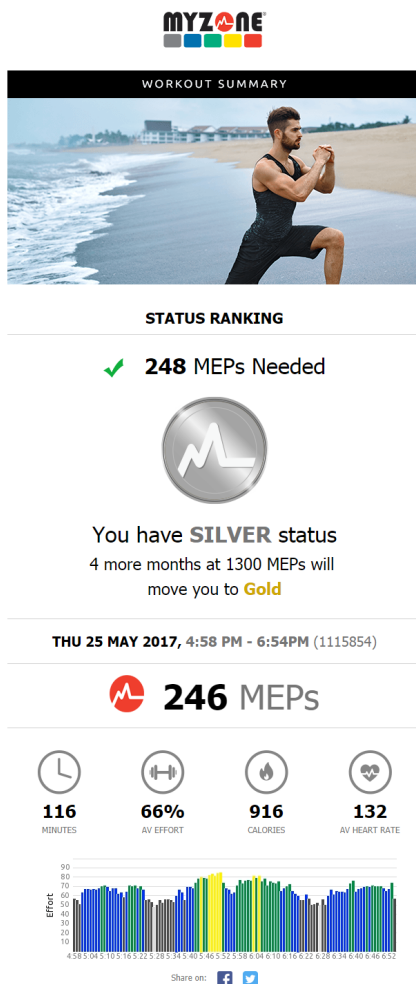


## Myzone users can:

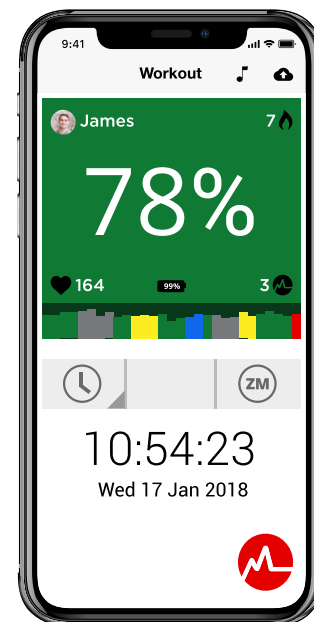
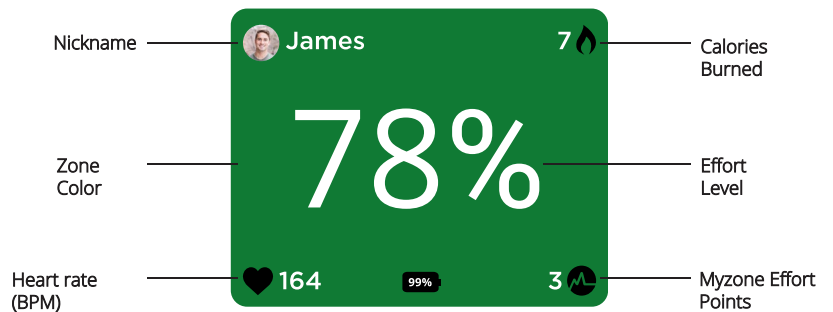


- Exercise inside and outside of a facility while their effort activity is recorded.
- Login online anywhere and track their activity and progress.
- Earn Myzone Effort Points (MEPs) for every minute of physical activity.
- Participate in challenges based on physical activity and measure results.
- Achieve goals via utilizing heart rate intensity feedback.

## Post Workout Summary!



## MYZONE User App!



Please see the front or back desk for questions and ordering!