WHAT IS MYWELLNESS KEY?

mywellness key is a portable, small sized device created by Technogym, that measures both lifestyle physical activity and structured exercise, indoor and outdoor and motivates you to move more day by day.

mywellness key gives you a good general 24 hours picture of your daily movements at home, at the gym, at work and at leisure. It measures the intensity and duration of your physical activities, burnt calories and other relevant parameters indicating the quality of your lifestyle. It gives you immediate, visual feedback, providing you with steady motivation and daily goals.

You can wear mywellness key all day long and plug it into Technogym equipment to track results. You can also plug it into your personal computer to check and manage your results and goals. In this way, mywellness key gives you a powerful asset to improve your lifestyle, health and state of mind.

HOW DOES MYWELLNESS KEY IMPROVE MY HEALTH?

According to medical evidences, sedentary lifestyles are a leading risk factor for serious illnesses, while gaining at least 30 minutes a day of moderate physical activity is a natural medicine for good health and a long life. mywellness key constantly stimulates you to move, helping you to become more active and healthier.

mywellness key helps you effectively on many aspects of your health and lifestyle.

Weight loss

mywellness key stimulates you to move more on a daily basis. If you combine movement with a balanced nutrition, you will gradually lose weight in the most natural and long lasting manner.

Body Toning

Achieve the goals mywellness key sets for you and follow a specific workout program through mywellness portal or your personal trainer. You will get gradually, once and for all, a better shape.

Strong for life

Muscular power can improve the quality of your life and the way you look, making you feel more self-confident and happy. The operator or yourself can set a daily goal and add strength workouts in the gym to achieve a stronger, healthier and good-looking body.

Diabetes care

Either if you have type 2 diabetes or pre-diabetes, using mywellness key you will experience significant benefits, because the goals mywellness key encourages you to keep healthy life habits over time and helps you to minimize the consequences of the disease.

Vitality
A great deal of medical evidence shows that a constant, regular amount of movement helps older people over 65 to achieve better mental and physical health. mywellness key helps you become more and more active day by day, having a positive influence on your lifestyle and state of mind. Cardiovascular and strength workouts can also be added to the weekly routine.

**Low Back Pain Prevention**

Low back pain is the most common musculoskeletal disorder, affecting 80% of people regardless age and profession. It is scientifically proved that physical activity can prevent and heal low back pain. mywellness key helps you get back on the move. Use it combined with a specific workout program, prepared by Technogym experts and available on my wellness portal, to achieve effective results.

**Get moving**

mywellness key provides you with a strong help to become more active, tuning your daily goal to your real capabilities. Thanks to it, you will get actual results day by day and enjoy a better life. mywellness key can be with you also in the gym, where you can follow a training program for specific purposes.

**Stress relief**

Stress and anxiety, together with bad nutrition habits, can make you more vulnerable to diabetes, ictus, depression, cardiovascular and pulmonary diseases. To prevent stress and its consequences, a moderate physical activity, associated with relaxing techniques, can be of great help. mywellness key helps you keep practicing regular activity and achieve results move by move, relieving you of stress.

**HOW DOES MYWELLNESS KEY WORK?**

When you wear mywellness key, the internal accelerometer constantly measures the amount of physical activity you perform in your daily life. When you plug your key into Technogym equipment, it measures the amount of structured exercise you do. The unit of measure, scientifically based, is called Move.

**WHAT’S A MOVE?**

Move is the measurement unit of movement.

The Move index is associated to the movement you performed and the correlated metabolic activity level of your body. It’s independent from the body weight, but through the body weight is directly correlated with your calorie expenditure.

For example, two people walking on a treadmill at the same speed and gradient for 10 minutes will obtain the same Move score, since the intensity of that exercise is an absolute value. On the other hand, according to the subject’s body weight, the caloric expenditure would be different, since moving against gravity a mass of 70 kg requires less energy than moving a mass of 100 kg.
The mywellness key accelerometer allows to detect not only the quantity of physical activity but also its intensity. Vigorous movements will make you increase your Move score more rapidly. This is an important feature, as recent study suggest that to obtain significant health benefits, physical activity should be executed at a moderate/vigorous activity. For example, 300 Moves can be accumulated running at 10 km/h for 22 minutes or walking slowly (at 3 km/h) for 1 hour and 15 minutes.

mywellness key visualizes the Move score by default, but this parameter can be changed through the options settings available on mywellness portal or in the Wellness System software.

WHAT ARE THE OTHER INDEXES?

mywellness key can measure and visualize your physical activity also through other indexes.

CAL (Kcal)
The Move score can be converted into active energy expenditure, which is the amount of energy coming from active movement expressed into Kcal. To do this transformation, your body weight must be registered through mywellness portal or through the Wellness System.

Free Time
This index represents the amount of minutes spent in light intensity activities such as walking, working at a desktop, washing the dishes. The basic parameter of this index is MET (Metabolic Equivalent of Task), a commonly used measure of the intensity of aerobic exercise. One MET corresponds to the intensity of a resting position, in other words the energy required to maintain the basal metabolic functions. Light intensity activities are those inferior or equal to 2.9 METs.

Play Time
This index represents the amount of minutes spent in moderate intensity activities, such as playing table tennis, swiping the floor or making basket free shots. These activities correspond to a range of METs spanning from 3 to 5.9 METs.

Run Time
This index represents the amount of minutes spent in vigorous activities, such as playing a basket or soccer match, chopping wood. These activities correspond to a quantity of METs superior to 6.

Cal +
This index represents the total energy expenditure spent during the day, including the part coming from your physical activity and the one deriving from your basal metabolic rate (BMR), expressed in Kcal. To do this transformation, your body weight must be registered through mywellness portal or through the Wellness System software.

WHAT’S THE AMOUNT OF MOVES I NEED TO KEEP HEALTHY?

There are four activity levels:
- Sedentary below 499 Moves
• Moderately active between 500 and 749 Moves
• Active between 750 and 999 Moves
• Very active above 1000 Moves

The automatic goal is calculated on a complex algorithm developed by Technogym that considers the previous 7 days of collected Moves. In this way, the daily goal displayed on the mywellness key is always related to your real physical capacity.

The increments in assigned Moves are related to the amount of activity you executed during the same day of the previous week. If you are not able to reach the prescribed amount of Moves, your goal will be adjusted accordingly.

Using the mywellness key constantly the device will ‘learn’ your lifestyle and tune to it. The progression set by the key is virtually infinite, always trying to stimulate you to get more active. However, when you start to steadily accumulate a given amount of Moves, without further improvements, the device will set a standard goal.

HOW DO I USE MYWELLNESS KEY?

Turn on the key by pressing the button and set the clock. Clip it horizontally on your belt and secure the safety strap. For outdoor activities you can use the sport accessory.
Wear the mywellness key all the day. During the first seven days, mywellness key will assess your activity level and from the eighth day on, it will assign you a personal daily goal.
In the morning the display is completely black and the white bar will increase as much as physical activity you do. When you reach the daily goal the white bar will be completely full and a + will appear.

The use of the mywellness key is very simple and intuitive. Follow these few simple steps to get the best from it.

How do I set it?
- Keep the button pressed for 2 seconds until the display switches on and shows the time to set.
- Enter data in this order: hours and minutes.

How do I wear it?
- Wear the mywellness key on your waist, by clipping it to your clothes or belt. To work correctly, you need to place it horizontally. Your waist is the best position, since it is near your center of mass. Take care of your mywellness key, because is not water resistant.

How do I tune it?
- During the first seven day mywellness key will measure you activity level and will calculate your personal goal for the following week. During the first week, the goal is pre-set at 500 Moves, representing the amount of movement typically accumulated during average lifestyle physical activity.

How do I use it?
- From the eighth day on, mywellness key will start giving you a personalized daily goal based on the results of the seven previous days.
- Every day, just after midnight, your key will automatically assign you a personalized daily goal, representing the volume of activity, expressed in Moves, you have to accumulate within the end of that day.
- As you wake up in the morning, the bar on your key is empty. During the day the bar shows how much activity you have done in relation to your goal.
  - complete white bar means you reached your goal.
  - incomplete white bar means you did not reach your goal.
  - complete white bar and + sign means you exceeded your goal

According to these results, mywellness key sets the goal for the following day, tuning to your real needs and capabilities.

**How do I manage it?**
You can decide to directly manage your daily goal by plugging your key in your personal computer and connect to mywellness portal. Remember that when a manual goal is selected, it remains constant throughout time. So this feature should be used by those who have a specific target to achieve and a certain experience with the Move score. That is why, this feature is ideal for trainers, doctors and exercise specialists, who can prescribe an exact quantity of physical activity.

To exploit the potential of mywellness key, you should combine outdoor activities with structured exercises – classes, aerobic and resistance exercises – in the gym, by plugging your key into Technogym equipment. You can also add manually in mywellness portal other physical activities like swimming or cycling.

Just remember that you cannot use your key for water sports and for biking activities, since they do not involve center of mass movement, so you will have to log data about both of them manually.

**How do I maintain it?**
mywellness key is battery operated. Average battery life is 30 days, variations may occur depending on the type of use. Before the battery goes completely down, BATT indicator will be displayed. To charge your battery, plug it in a USB port of an electrically charged device and allow 4 hours for full recharge.

**How can I have fun with it?**
mywellness key is your everyday mate, helping you achieve a better health and state of mind. There’s a community of people that you can find in the community section of the mywellness portal where you can make new friends and move with them, comparing results and creating exciting challenges.

**HOW CAN I CHECK RESULTS?**
Periodically inserting the mywellness key in your PC, you can download the data and see your progress on [www.mywellness.com](http://www.mywellness.com).
On the mywellness portal you can check your weekly progress, the activity level, the intensity, the type of training. It will suggest you other activities on how to reach your goal at different intensity according to your available time. You can track your biometric parameters, you can access your training workout and see the video of each single exercise.
http://www.mywellness.com