

## Hardware Review: “MioShape Select” Fitness Watch May, 2004

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### **Wear Your Heartbeat—On Your Sleeve**

58, 62, 63, 59...quarterback signals? No, just checking my resting heart rate (RHR) prior to starting this review. I usually don't get very excited about reviewing watches (75, 79, 83) until I did a little research and discovered a company called Physi-Cal Enterprises ([www.gophysical.com](http://www.gophysical.com)). One thing's for certain—the Mio family of “lifestyle watches” will change your conception of how truly ingenious and useful a watch can be for improving your overall health. The Mio watch is a serious tool designed for people who want to manage their health, fitness, and weight control through heart-rate monitoring. The distinctly unique feature of being the world's first ECG-accurate heart rate watch—without the use of a chest strap, will probably be worth the cost of admission for most. But there's more, much more!

### **If You Tell Mio, Mio Will Tell You**

Believe it or not, part of what makes this fitness or lifestyle watch so precise is the customization to each individual. It's all in the computer-based technology within. You pre-program the Mio with your personal data such as gender, date of birth, weight, daily caloric goals and resting heart rate (the Mio will tell your RHR). Based on this information, the Mio can provide you with some very useful information. For example, when checking your heart rate, Mio automatically calculates the percentage of your maximum heart rate. An excellent indicator of your overall health is what's known as your “Recovery Heart Rate.” When your heart rate is at an elevated state—as it is during exercise or the long lines at your grocery store, try to get your heart rate to drop by 20 (or more) beats per minute. If you can, you're in darn good shape! If however, your heart rate drops only 10 beats per minute, you could try to improve. The Mio is also great at keeping a tab on daily calories which you can input manually and compare to your preset goals. If you do, the Mio will let you know when you've reached your daily calorie total. Furthermore, the Mio makes a great stress-management tool by trying to keep your heart rate as close to normal despite outside influences (such as, what do you mean you're out of stock of Mio's!).

### **A La Modes**

The MioShape Select is also a convenient timepiece. In addition to the default digital time with seconds, the Chronometer function comes complete with exercise timer for workouts along with a lap counter. The Calendar mode is easy to read including “Fri” so

you know what day it is. You can also set the Alarm function to music, chime, or both (hourly should you desire as well). There is even a cool backlight button for illuminating the display at night. If you're a swimmer or into aquatic sports you will be pleased to know the Mio is water resistant to 33 feet (10 meters)! I really needed to learn to surf anyway. Imagine checking your heart rate at the sight of a huge dorsal fin coming towards you...MaMa Mio!

### **MioShape Select is in Top Form**

As you can see from the picture above, the MioShape Select is a very attractive watch. If you're into cosmetics, interchangeable black and silver watchstraps are included in the box. Mio also makes a smaller "MioShape Select Petite" in blue/silver for ladies. The Mio is truly simple to use and learn thanks to a fold-out User's Guide. Every MioShape Select comes complete with MioSense and free admission to Club Mio, an interactive on-line community to help you get the most from using your Mio. MioSense is a pocket-sized guide to healthy living broken down into two sections. The first section gives terrific uncomplicated advice on fitness, exercise, and nutrition in a Q&A format. The second half is a fairly comprehensive table of foods, beverages, and franchise eateries broken down by Calories, Fats, and Carbs. To learn more about the Mio line or Physi-Cal, be sure to visit [www.gophysical.com](http://www.gophysical.com) where you can order a brand new Mio for yourself! Prices range from \$99 to \$149 depending on model.