



# Classic **SELECT** **PETITE**

The tried and true MIO -  
the stylish, easy-to-use, ECG accurate, *strapless* heart rate monitor  
for the lifestyle consumer. Our Classic model for slender wrists.

**A watch designed for active women! MIO is the world's first watch to take your ECG accurate heart rate without a chest strap. CLASSIC SELECT PETITE features personalized feedback, MIO's patented calorie management system and an interchangeable petite watch band. Customers can personalize their watches to suit their individual style. It doesn't get more personal than that!**

MIO users decide what they want to do: lose weight, gain weight, maintain their shape. They then enter personal stats into their MIO: age, gender, weight, resting heart rate and daily calorie target (MIO provides easy instructions to calculate what this daily total should be). MIO Classic Petite does the rest:

- Counts calories consumed during the day, tracking against a preset target and letting users know when they reach their daily calorie total
- Records calories burned during exercise, and deducts those calories from the daily calorie total
- Takes an ECG-accurate heart rate without a chest strap
- Calculates the percent of maximum heart rate during exercise so users know how hard they are working out
- Can be used with the 3500 Calorie Countdown Program

#### **MIO CLASSIC PETITE BONUSES**

- 1 Interchangeable watch bands. Exchange one fashionable SELECT band for another, in either standard or petite lengths. Additional bands sold separately and are available for purchase at [www.miowatch.com](http://www.miowatch.com).
- 2 MIOsense Guide to healthy living, the handy pocket guide that provides comprehensive information on health, nutrition, diet, fitness and exercise, as

well as a step-by-step guide on how to design and individualize your health and fitness program. MIOsense also contains calorie tables for basic foods and beverages as well as restaurant foods so that calories consumed can be easily recorded during the day.

#### **MIO CLASSIC PETITE FEATURES**

- MIOsensor: ECG-accurate heart-rate sensing system without a chest band\*
- My MIO: User enters age, gender, weight and resting heart rate to obtain personalized feedback
- LCD: easy-to-read-format
- Bright backlight: 3-second display
- Four keys: light, set/start, stop, mode

#### **COLORS**

Available with blue and black petite band and brushed silver bezel  
Additional color watch bands sold at [www.miowatch.com](http://www.miowatch.com)

#### **OPERATING MODES**

- Time/date: 12 hours (am/pm): minutes, seconds
- Daily alarm: settable to the minute; hourly chime
- Stopwatch/chronograph: maximum reading: 99:59.59; records % of maximum heart rate and calories burned during exercise
- MIOsensor heart rate: maximum and resting heart rates user settable; ECG-accurate to +/- 1 beat\*\*
- Caloric intake: set target, record intake, track net balance

#### **SPECS**

- Maximum readable heart rate: 199 BPM
- Minimum readable heart rate: 43 BPM
- Water resistance: to 10 meters
- Battery type: CR2032, or equivalent

- Battery life: 12 months (frequent backlight use reduces battery life)
- Battery replacement: consumer replaceable
- Temperature range: 10 to 60°C (storage); 0 to 50°C (operating)

#### **BANDS**

MIO Classic's watch face can be inserted to MIO Classic and MIO Classic Petite bands, pick the band that suits your personality!

#### **WATCH MATERIALS**

- Display lens: clear acrylic
- Watch housing: PC/ABS
- Polished stainless steel sensors
- Back cover: stainless steel
- Band: Polyurethane
- Buckle: stainless steel



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\* mio is not a continuous heart rate monitor  
\*\* Validated in trials at the Sports Medicine Clinic of the University of British Columbia, Vancouver, Canada  
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PHYSI-CAL Enterprises Inc. Patent Pending

To order, please call 1 877 566 4636

[www.miowatch.com](http://www.miowatch.com)