



Every movement counts

Get fit your way with DirectLife activity program

Exercise is healthy, yet we often struggle to find time and motivation for regular workouts. DirectLife is Philips' new fitness solution that combines technology with real life coaches to help you make fitness a part of your daily routine.

The DirectLife activity program

- The DirectLife activity program is build on three pillars:

1. Track your daily activity

- An activity monitor records all your daily movements
- It's small, waterproof and has a handy integrated clip

2. Monitor and analyze your activity patterns

- A personalised website will show you your activity pattern
- You can analyze your progress on your personal website

3. Stay motivated

- A real personal coach will answer your individual questions
- Your coach will support and inspire you
- Compare results with other DirectLife members

PHILIPS
sense and simplicity

Highlights

DirectLife activity program



The DirectLife activity program is built on three pillars

The Activity monitor



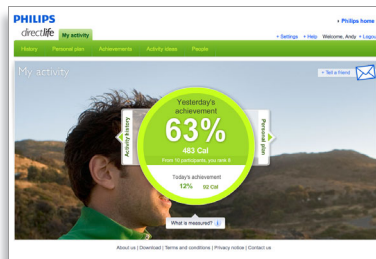
An activity monitor records all your daily movements

It's small and waterproof



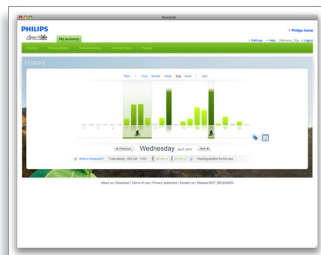
It is waterproof, small and sturdy and has a handy integrated clip for maximum wearability, so it can go where ever you go.

A personalised website



A personalised website will show you your activity pattern

Analyze your progress



You can analyze your progress on your personal website, and set your goals

A real personal coach



A real personal coach will answer your individual questions and will also help by contacting you to reach your personal goals

Your coach

Your coach will support and inspire you to help you achieve your goals

Compare results

Compare results with other DirectLife members and motivate each other

Specifications

Accessories

- Quick start guide

Convenience

- Waterproof: up to 3 meters depth
- Language support: Website and software available in English, Spanish, German and Dutch

Power

- Battery lifetime: up to 3 weeks, then recharge needed via USB
- Battery type: Lithium-Ion
- Rechargeable: Yes, via USB

System Requirements

- Internet connection
- USB: Free USB port
- PC OS: Windows XP, Windows Vista, Windows 7, or MAC OSX 10.4.11 or above

Dimensions

- Product weight (g): 10
- Dimension (WxDxH): 24 x 52.4 x 9.2 mm

Packaging Data

- Height: 22 mm
- Length: 165 mm
- Width: 70 mm



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