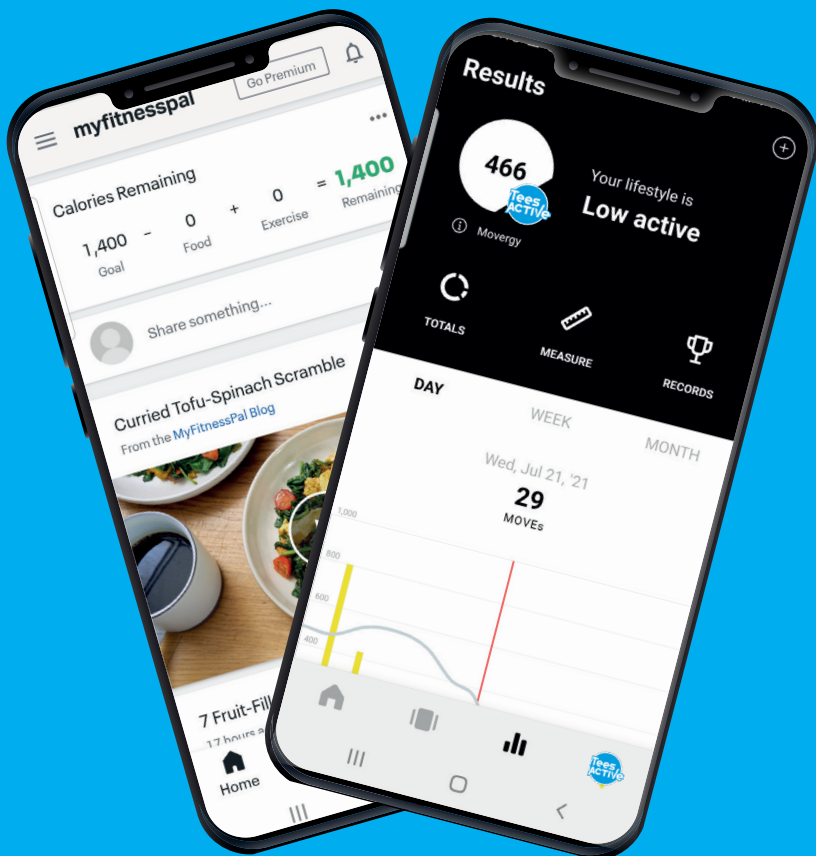


ENERGISE

By Activ8 Health & Fitness



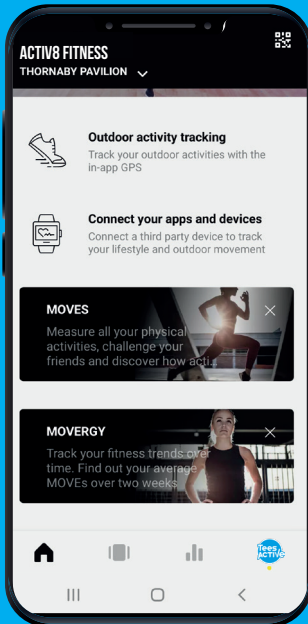
TECHNOLOGY BOOKLET



ACTIV8 FITNESS APP

TECHNOGYM

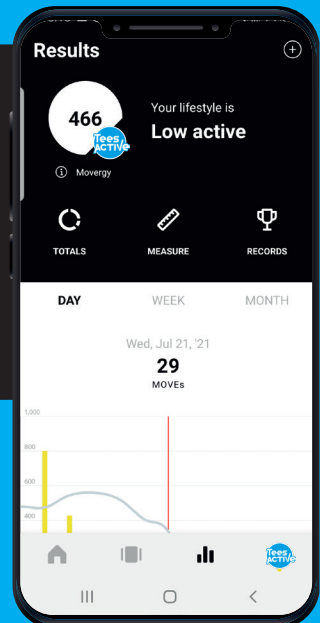
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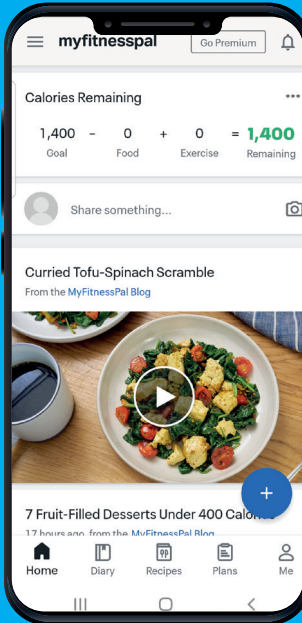
- Accurately track your workouts in and out of the gym
- Handy 'how to' videos for workouts and exercises
- Manually input workouts or scan machines in our facilities
- Collect MOVES
- Connect your favourite fitness trackers e.g... Fitbit, Strava, Garmin.

- Monitor activity levels
- Record body measurements straight into the app using Tanita machines in our facilities
- Record and beat personal records

**DOWNLOAD THE FREE APP
FROM YOUR APP STORE**



MYFITNESSPAL



- Effectively keep track of daily food and beverage intake
- Easily monitor progress toward weight-management goals
- Set calorie target in app
- Track your nutritional intake i.e. protein, fibre, carbohydrates, sugar
- Easily scan food straight into the app

- Track and record weight measurements
- Discover healthy recipes
- Customise the app for your goals

**FOR MORE INFORMATION,
SPEAK TO YOUR COACH**

