
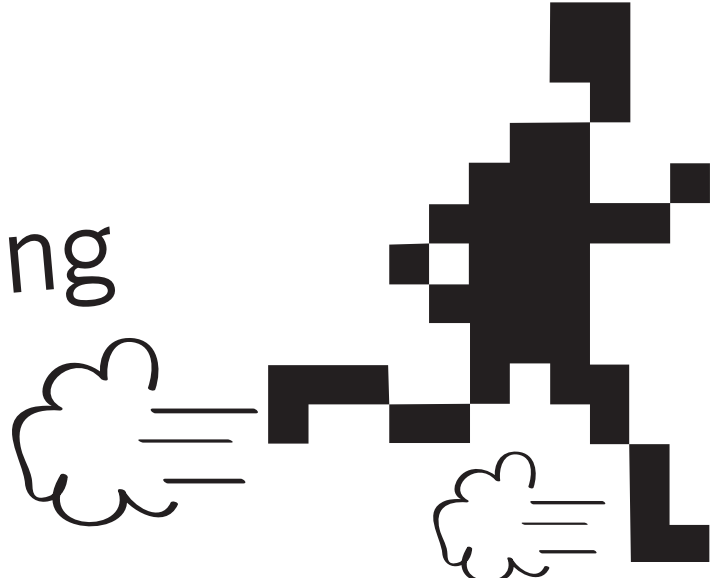
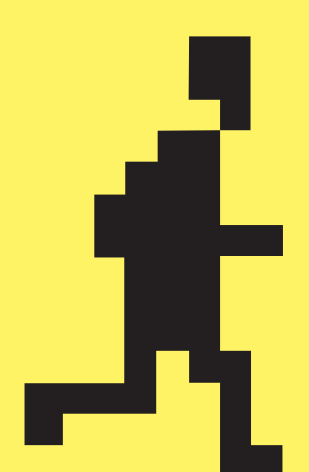
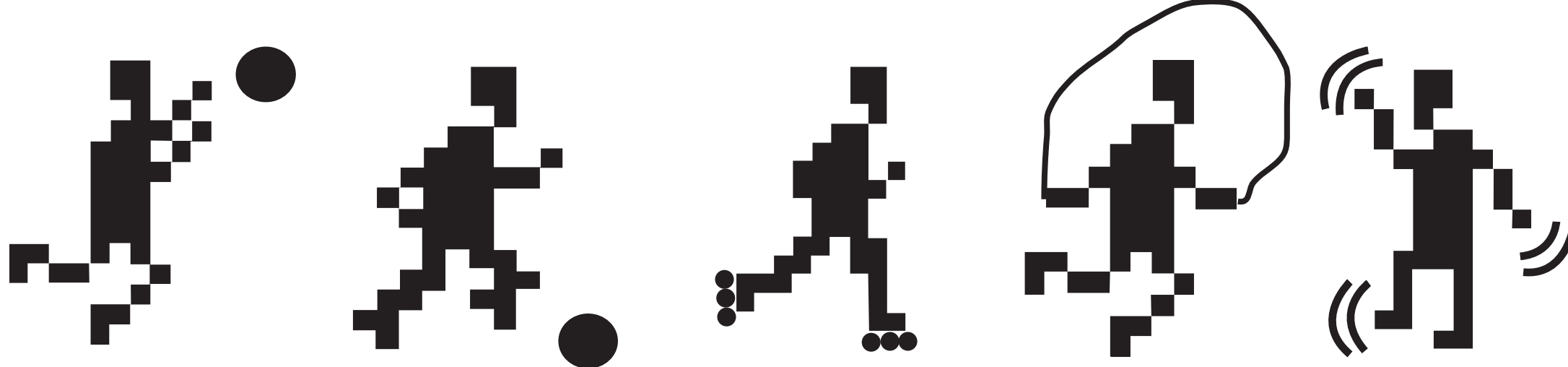


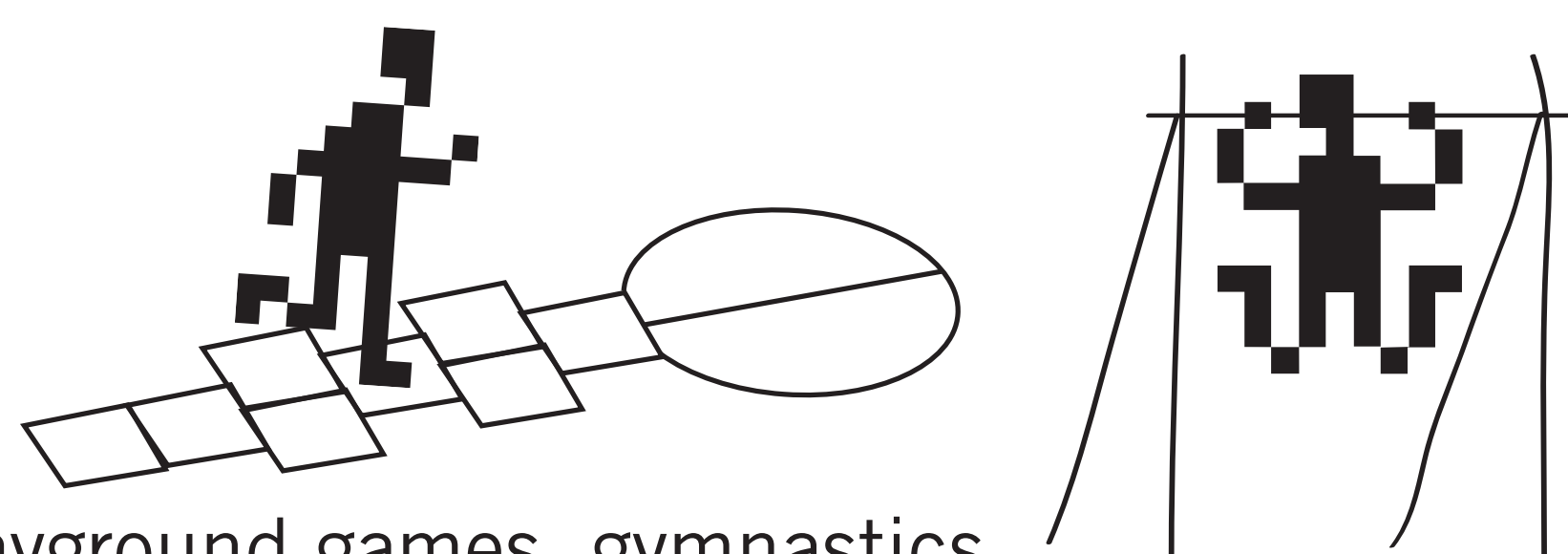

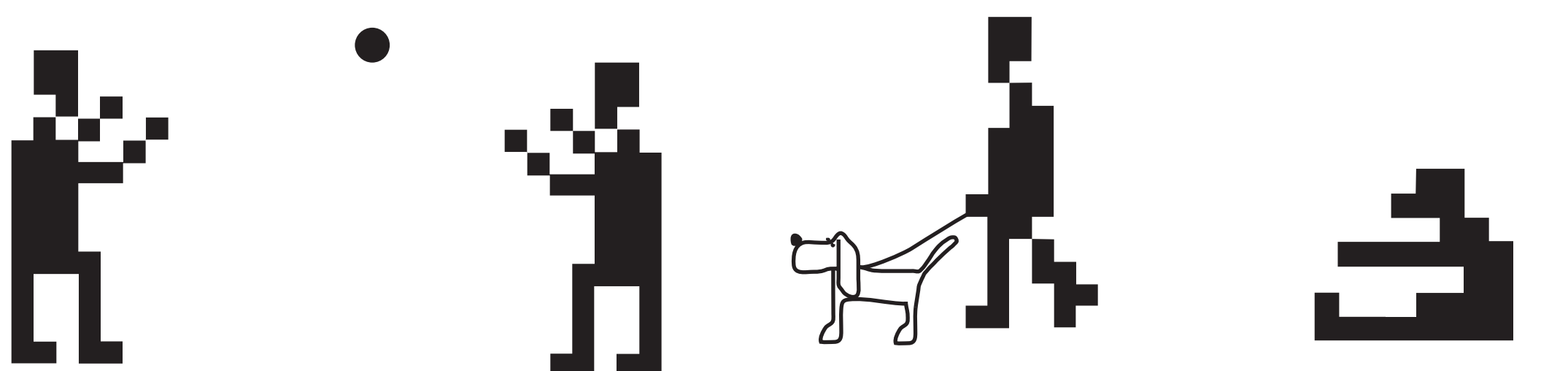

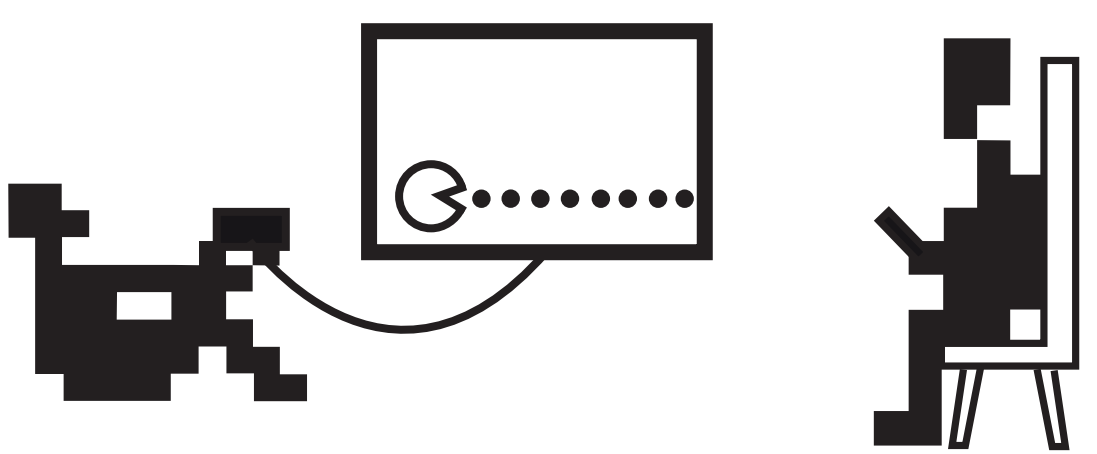
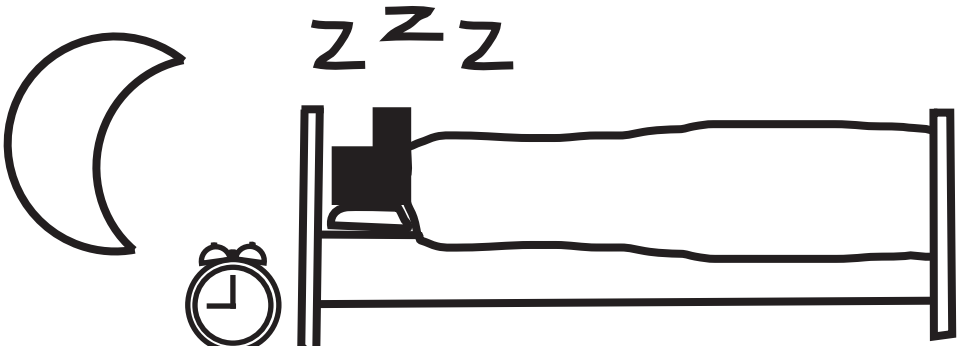


POLAR ACTIVITY ZONES

ZONE	EXAMPLE ACTIVITIES	RECOMMENDATION	BENEFITS
 VIGOROUS +	 <p>Fast running</p>	<p>Be active for more than one hour every day!</p>	<ul style="list-style-type: none"> • Improves maximum performance and cardiovascular fitness • Helps improve speed
 VIGOROUS	 <p>Basketball, soccer, rollerblading, jumping rope, dancing</p>		<ul style="list-style-type: none"> • Improves cardiovascular endurance • Promotes bone health • Helps increase power
 MODERATE	 <p>Playground games, gymnastics</p>	<p>Being active in Moderate to Vigorous+ zones fills up the Activity bar in your Polar activity monitor.</p>	<ul style="list-style-type: none"> • Helps maintaining a healthy body weight • Helps increase flexibility
 EASY	 <p>Playing catch Slow walking Stretching</p>	<p>It's better to get up and move than sit still!</p>	
 VERY EASY	 <p>Playing video games, watching TV</p>		
SLEEPING		<p>9 hours of sleep every night will keep your mind fresh!</p>	<ul style="list-style-type: none"> • Improves learning ability • Gives your body a rest