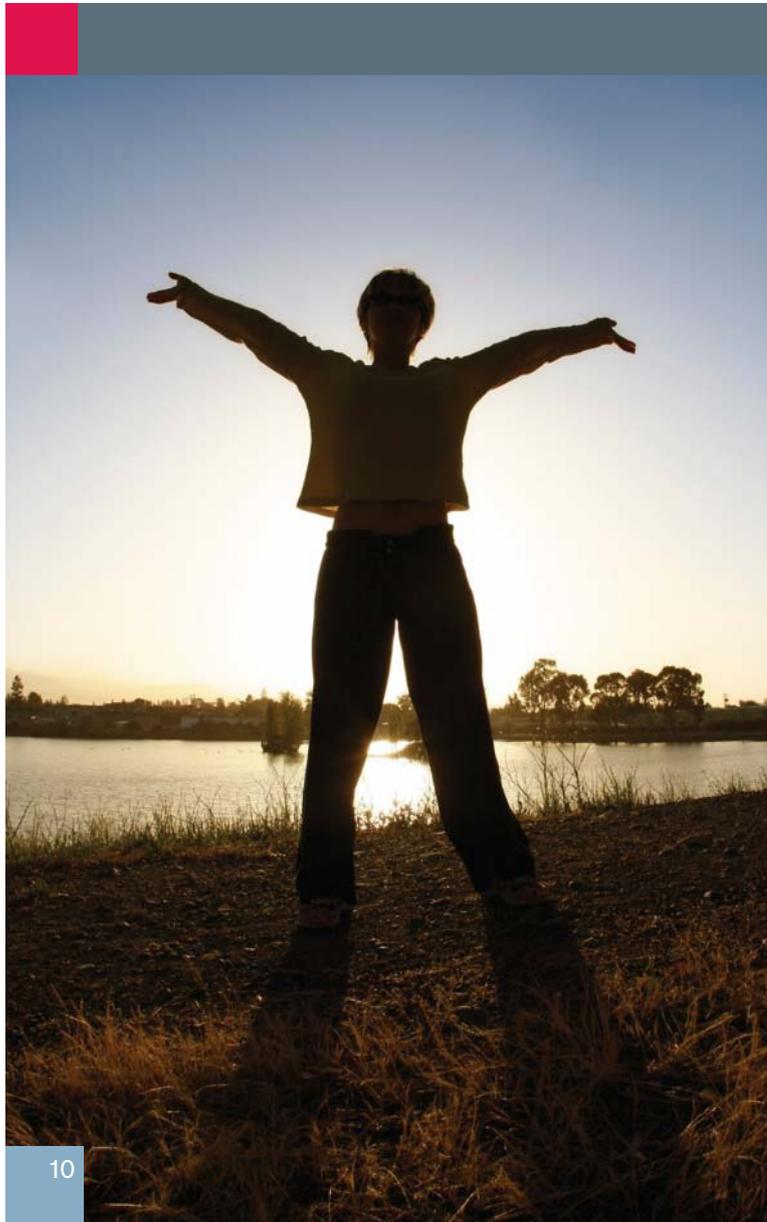




## Exercise Program



This program provides personalized exercise routines to help you meet the challenges of getting in shape. This staged approach to getting fit walks you through five program levels. Plus, you'll receive tips on nutrition, fitness articles and access to additional interactive tools to help you keep your exercise routine for life.

### Program features include:

- Weight Tracker: Monitors your weight over the course of the program
- Exercise Planner/Tracker: Create and view your personal exercise program
- Exercise Recommendations: Provides suggestions on the type and length of exercise, plus your target heart rate range and the number of calories you'll burn
- Body Mass Index Calculator (BMI): Helps you find your ideal weight
- Healthy Weight Calculator: Gives you an ideal weight range
- Calorie Burner Calculator
- Heart Rate Calculator

