

# Top 5 reasons To Start Using Health Reviser RIGHT NOW!

- 1 **In just 3 minutes** of monitoring, you get your fitness level and personal recommendations about fitness improvements
- 2 **Be competitive!** Know your fitness position on the worldwide scale and adjusted for your age group and gender
- 3 **Get your fitness trend** to evaluate fitness program and its effectiveness. See how it is changing with the lapse of time
- 4 **Monitor yourself daily** and see how fitness level varies during the day and from one day to another
- 5 **Avoid overloading and straining your heart** and keep moving forward. Keep exercising safe and effective

## FITNESS MONITOR



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

Phone: 1-(800)-765-0812  
 Fax: 1-(360)-779-0693  
 e-mail: [contact@healthreviser.com](mailto:contact@healthreviser.com)

Your  
**FITNESS LEVEL**  
 in 3 minutes!

## FITNESS ANALYSIS

on your computer



scientifically  
validated





# Manage your FITNESS

Get your **Fitness Level** in 3 minutes!



In just a 3 minutes Health Reviser will give you a scientifically proven **fitness level evaluation**.

You will be able to see your fitness level on the worldwide scale as well as the level adjusted to your age group and gender.

Received information from test report will help you manage personal fitness program more effectively and **bring your health and fitness on the next level**.

Track your **Fitness Progress** daily!



It is important to **track the progress of your fitness** and choose the most effective fitness program for your body.

You will be surprised to see how significant the difference in effect from different exercises is.

Tracking fitness progress will help you see when the fitness program should be changed when it's no longer effective for you.

Health Reviser applies comprehensive analysis on the recorded data according to the standards and mathematical procedures for short-term HRV analysis set forth by The European Society of Cardiology and The North American Society of Pacing and Electrophysiology.

**Many thousands of volunteers were involved in product validation during 10 years of scientific research.**

What's your **best time to workout?**

Each individual has its own best time to workout. Those who workout at their personal best workout time:

- get maximum training effectiveness,
- get pleasure from physical exercises,
- don't strain their heart,
- have a minimal risk of heart disease.

Do multiple fitness level evaluations in Health Reviser during the day, and the time when the highest fitness level is reached - is your **best time to workout**.



**How much fitness is enough?**

Some physical activity is good, but **more activity is not always better**. Hyperkinetic conditions are health problems caused by excessive physical activity.



**The safe limit of physical activity** is hard to determine without the use of scientific monitoring devices.

Let Heart Wizard evaluate your fitness, and use the results to make your fitness development **safe and successful**.

**Health Reviser™**  
PERSONAL FITNESS MONITOR



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It is important to be safe and effective when it is about your fitness and health. Run Health Reviser - find your fitness level, heart rate zones, best time to exercise, how much to exercise, and much more. Visit our website: <http://www.healthreviser.com>