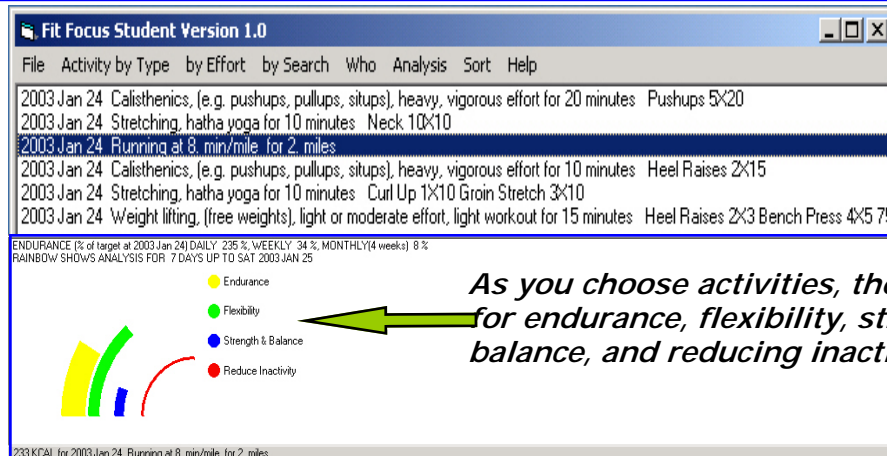
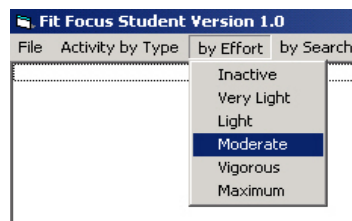


Canadian Software for Healthy Active Living



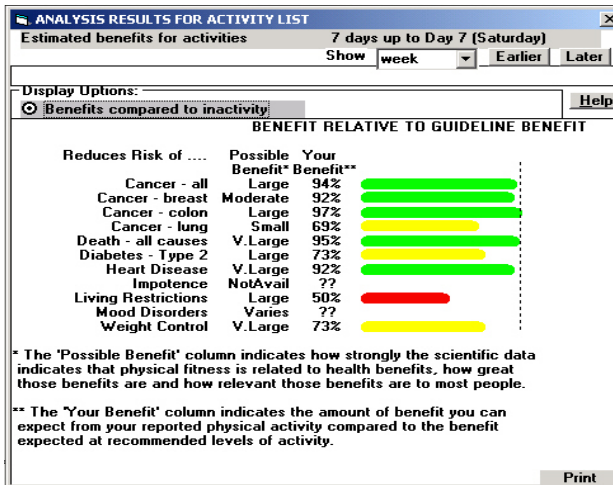
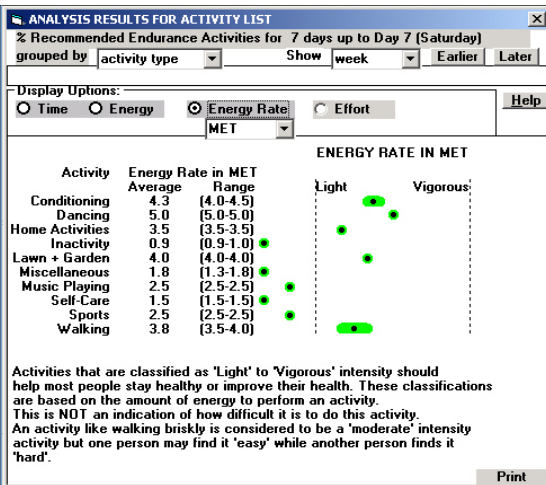
As you choose activities, the rainbow bands for endurance, flexibility, strength & balance, and reducing inactivity respond.

Fast & easy analysis of exercise, sport, or daily living activities



Detailed analysis results with one mouse click

The Endurance display is one of four activity analysis displays. Activities are summarized by intensity and type.



The Benefits display summarizes the amount of health protection expected for activities analyzed compared to that expected from the recommended amount of activity.

System Requirements

- PCs with Windows 95/98, NT or XP.
- Use on individual PCs or local area network

"Very valuable"
Senior 3 PE Teacher

FitFocus is a recommended educational resource in Manitoba "...provides students with an analysis of their physical activity lifestyle, and is designed to support *Canada's Physical Activity Guide to Healthy Active Living*. Students record their activities on the software for a given period of time to determine whether their activity lifestyle is balanced with respect to health-related fitness components. The software includes an extensive databank of information on a wide range of physical activities and active living topics. It also explains calculated health benefits of active living, as well as the risks for major disease resulting from an inactive lifestyle. " *Manitoba Education and Youth. Physical Education/Health Education Learning Resources: Kindergarten to Senior 2: Compilation of Annotated Bibliographies (2002-2003)*

Contact us about an evaluation copy.

721 South Drive, Winnipeg, Mb R3T 0C2 Phone 204-453-6060 Fax 204-477-9906

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