HEART ZONES

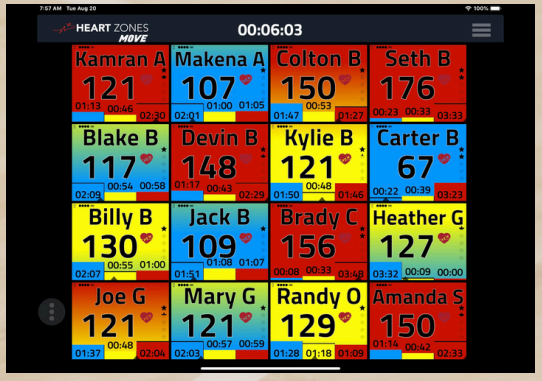
A NEW ERA IN PHYSICAL EDUCATION

MORE WAYS TO MOVE. MORE WAYS TO MEASURE. MORE WAYS TO MOTIVATE.

Heart Zones has introduced its most extensive collection of new features ever—bringing interactive movement activities, automated fitness testing, individual activity tracking, and new teaching options together in one connected ecosystem.

WHY HEART ZONES MOVE?

- Transforms physical education with real-time heart rate and physical activity feedback, fitness testing and gamification.
- Displays student heart rate zones, movement data, FIT Points, and moderate-to-vigorous physical activity (MVPA) on the interactive Big Board.
- Motivates students by allowing them to see their effort and progress in real time.
- Helps teachers personalize instruction, set individual and class goals, and encourage participation.



INTRODUCING OMNI: THE NEW MULTIPURPOSE MOVEMENT SENSOR



- Advanced six-axis motion sensor with an accelerometer and gyroscope to capture a wide range of physical movements.
- Measures steps, cadence, distance, jump rope repetitions, and other movement-based activities.
- Powers new Heart Zones Move features, including Move Dice, Rope Jumping, and Automated Physical Fitness Testing.
- Reduces manual counting and recording while providing measurable student performance data.

NEW HEART ZONES MOVE FEATURES



- **MOVE DICE**: Turn movement into a fun, interactive challenge. The Omni-enabled Move Dice experience adds gamification to class.
- **ROPE JUMPING:** Capture jump rope activity with the Omni sensor.
- **AUTOMATED PHYSICAL FITNESS TESTING:** Use Omni-based movement capture to automate supported fitness assessments and record results.
- **Ask about Cardio Station Cards and Technology Professional Development**



NOW AVAILABLE ON MORE DEVICES AND ROSTERNG

- Now supports iOS (iPad/MacBook), Chromebook, and Windows PC.
- Now supports district Rostering through ClassLink and Clever

ONE CONNECTED SYSTEM. MORE POSSIBILITIES.

Group PE. Individual Workouts. Virtual PE. Meaningful Reporting.

NEW: HEART ZONES THRIVE — THE INDIVIDUAL ACTIVITY APP

- Companion app to Heart Zones Move, available on iOS and Android.
- Allows individuals to connect a compatible heart rate sensor and track workouts
- Captures and saves heart rate, physical activity data, and workout history.
- Enables users to send completed workout reports to the Heart Zones Connect portal for teacher review.

HEART ZONES CONNECT — THE REPORTING PORTAL

- Centralized portal for managing students, classes, and physical activity data.
- Provides recorded workout sessions, activity reports, and student progress tracking.
- Gives teachers objective data to support instruction, assessment, and individual student goals.

NEW: VIRTUAL PHYSICAL EDUCATION

- Extends physical education beyond the gym to students learning at home or remotely.
- Uses the Heart Zones Thrive app on iOS or Android to capture heart rate and physical activity.
- Allows students to complete assigned activities and submit workout reports to Heart Zones Connect.
- Enables teachers to monitor participation, effort, and progress regardless of student location.

NEW: HEART ZONES CHILL ZONE GAME

- Supports social-emotional learning (SEL), mindfulness, and emotional regulation.
- Uses real-time heart rate feedback to help students recognize how their bodies respond to emotions and calming activities.
- Encourages students to practice breathing, relaxation, and self-regulation techniques.
- Designed for school counselors, wellness professionals, and educators to support students' emotional well-being.

Contact Heart Zones for a demonstration

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