

**FIZIKA PARTNER:**  
**EKHO**



## *Unleash the Power of Positive Energy!*

A key component of Fizika's Straight A's program is providing ACCESS to resources for building quality PE programs. We are excited to offer pedometers from EKHO, a leader in the industry, and a force in personal wellness, weight management and the fight against obesity.

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### COMMITMENT

EKHO is an advocate for implementing effective physical education programs that use fitness development tools to teach kids and adults about the importance of being healthy. EKHO pedometers are used for health navigation across all ages and fitness ability.



### STANDARDS

The goal of national physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. EKHO Pedometers match the six standards of the National Association for Sport and Physical Education (NASPE).

*"I would like to commend EKHO on their 5-year warranty that is offered on your products. Thank you for your prompt, efficient service and standing behind your products!"*

**Carolyn McCarty**  
Health & Exercise Sciences  
Truman State University

### QUALITY

In addition to a full line of high-quality heart rate monitors and pedometers all covered by the 5-year best warranty in the industry. EKHO offers a clean and concise line of assessment products that are easy to understand, simple to use at an affordable price.

**Ask us** how to customize a package tailored to your needs and budget.

***info@fizikagroup.com***

**Fizika Group, LLC**  
***www.fizikagroup.com***



## EKHO PEDOMETER

- Target Age:** All age levels and appropriate for adults. No technology skills needed.
- Delivery Method:** A pedometer is placed on a waistband of pants, typically above the knee and in a horizontal position. It measures horizontal movement in contrast to an accelerometer that measures movement horizontally, vertically and diagonally (EKHO 4). Performance is calculated and displayed digitally in one or more of the following formats:
- Number of steps
  - Distance (steps converted to miles or kilometers)
  - Calories burned (based on weight)
  - Time in movement (clock stops when no movement is detected)
  - Intensity (time spent in pre-determined moderate to vigorous zones)
- Group Size:** Adaptable for various group sizes, for indoor and outdoor use.
- Instruction:** Instructors' guides and user's manuals available.
- Assessment:** In basic models performance must be recorded manually after each activity session or at the end of a day. In more advanced models, data is stored up to seven days.
- Key Benefits:** Pedometers are easy to use by young and old. It is the most cost effective tool to measure performance and accurate within 97% range. Pedometers provide motivation for daily activity, to keep you on the move.

### EKHO One: Steps Only (Black, Yellow)



**\$16.45**

### EKHO Two: Steps & Distance (Black, Yellow)



**\$18.65**

### EKHO Three: Steps, Distance, Calories, Exercise Time (Black Only)



**\$20.85**



### Assorted Colors



**Storage Case  
\$10.95**

- Assorted colors available in the Steps Only model.
- Wall Storage System available for easy storage.
- Special pricing available on volume.
- Custom screen printed labeling available on 500 units or more.

*“The EKHO products have shown the ability to withstand the constant stress placed upon them by our students every class period of every day. The students enjoy the easy to use features of the watches and are excited to see how many calories they burned during their workout.*

*Jerry Styrsky, Thornwood High School South Holland, Ill.*