

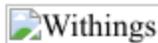
**From:** Withings <community@withings.com>

**To:** jeevacation@gmail.com

**Subject:** The Withings Pulse is here: Track your activity, Improve your health

**Date:** Thu, 11 Jul 2013 04:02:16 +0000

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Turn on your well-being



## The **Withings Pulse** is here !

A smart tracker to monitor your activity 24/7,  
measure your heart rate and improve your health.

[Discover it](#)

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### **Live better, be more active !**

Regular physical activity keeps your body in shape and helps you feel better. It lessens the risk of developing certain chronic diseases.

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## Active, yes. But how much?

The W.H.O.\* recommends daily physical activity equivalent to 10,000 steps. Depending on its intensity, this activity can be more or less long

>> [Learn More](#)

 How active do you need to be?

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 Un Withings Pulse pour garder la forme

## Withings Pulse to stay in shape

« Pulse is the best consumer-level fitness tracking tool we've yet tested »

[iLounge](#)

« One of the most attractive and feature-rich activity trackers we've tested »

[PC Mag](#)

[Learn More](#)

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\* W.H.O. : World Health Organization

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