



DL8700

Every movement counts

The enjoyable and easy way to a fit life

Exercise is healthy; we all know it but finding the time and motivation to work out regularly is difficult. DirectLife makes fitness a part of your daily routine by showing that everything you do is an opportunity to get and stay fit.

Know how active you really are

- The Activity Monitor measures all your movements all day
- It's small and waterproof so it can go where ever you go

Fitness that fits your life

- There are no prescribed exercises, every movement counts
- Step by step goals slowly but surely help you get fitter
- Choose a membership plan that fits you

You are not alone

- Contact your personal coach for questions and advice
- Keep track of your activity plan on your personal website
- Compare results with other members and motivate each other

PHILIPS
sense and simplicity

Specifications

Dimensions

- Product weight (g): 23 gram
- Dimension (WXDXH): 31 x 33 x 11 mm/ 1.22 x 1.28 x 0.43 inch

Packaging Data

- Height: 20 mm
- Length: 177 mm
- Width: 87 mm

Accessories

- DirectLife belt pouch
- Neck strap
- Quick start guide

Power

- Battery type: Lithium-Ion
- Rechargeable: Yes, via USB
- Battery lifetime: up to 3 weeks

Convenience

- Waterproof: up to 3 meters depth
- Language support: Website and software available in English, Spanish and Dutch

System Requirements

- USB: Free USB port
- PC OS: Windows XP or Vista or mac OS10.4 or above

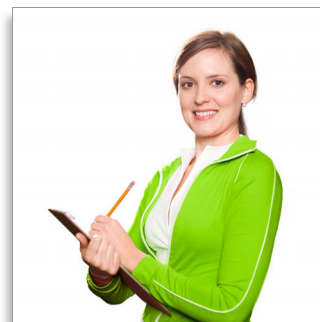
Highlights

Activity Monitor



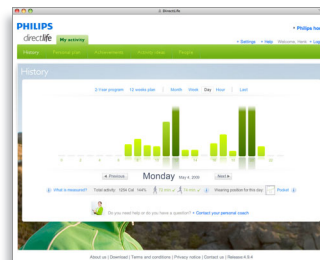
The key to a more active lifestyle is in understanding how even the smallest activities can contribute. The Activity Monitor helps you to get that insight. You wear it all day in your pocket, on your belt or around your neck and it measures everything you do. A set of green lights on the front of the monitor lets you check how close you are to your daily target while on the go. Connecting the monitor to your computer will show you your activity patterns in great detail.

Personal coach



Everyone's approach to fitness is different and there is no 'one size fits all' solution. That is why every DirectLife member gets their own personal coach. Your coach can answer your questions, help you tailor your plan and set your goals and give you activity ideas that fit your lifestyle and situation. Just email your coach and see what he or she can do for you.

Personal website



On your personal webpage you can find your activity plan, a wealth of activity ideas and tips as well your detailed activity history. You can see how much each of your activities contributed to your overall results in detailed hour by hour and even minute by minute views. Your website opens automatically when you connect your Activity Monitor to your computer.



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