

HEALTHY HEART & WAISTLINE  
MANAGEMENT HEART RATE  
PEDOMETER WATCH

EASY  
TO USE

Item# 458359

UNISEX



# **mio** STRIDE

EGG ACCURATE **STRAPLESS**  
**HEART RATE** WATCH WITH  
**PEDOMETER** FUNCTIONALITY

STRIDE easily & effectively tracks  
your heart rate, steps, speed,  
distance and calorie burn.

The best measurements to:

- > Strengthen your heart
- > Increase your endurance
- > Tone your body

See the reverse on  
how you can easily take  
your heart rate with:

**NO CHEST STRAP  
NEEDED**



heart  
rate



step  
count



distance



calories



speed



ECG  
accurate



workout  
intensity



50m  
waterproof



# Mio Stride Watch Manual

**Mike Jess**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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