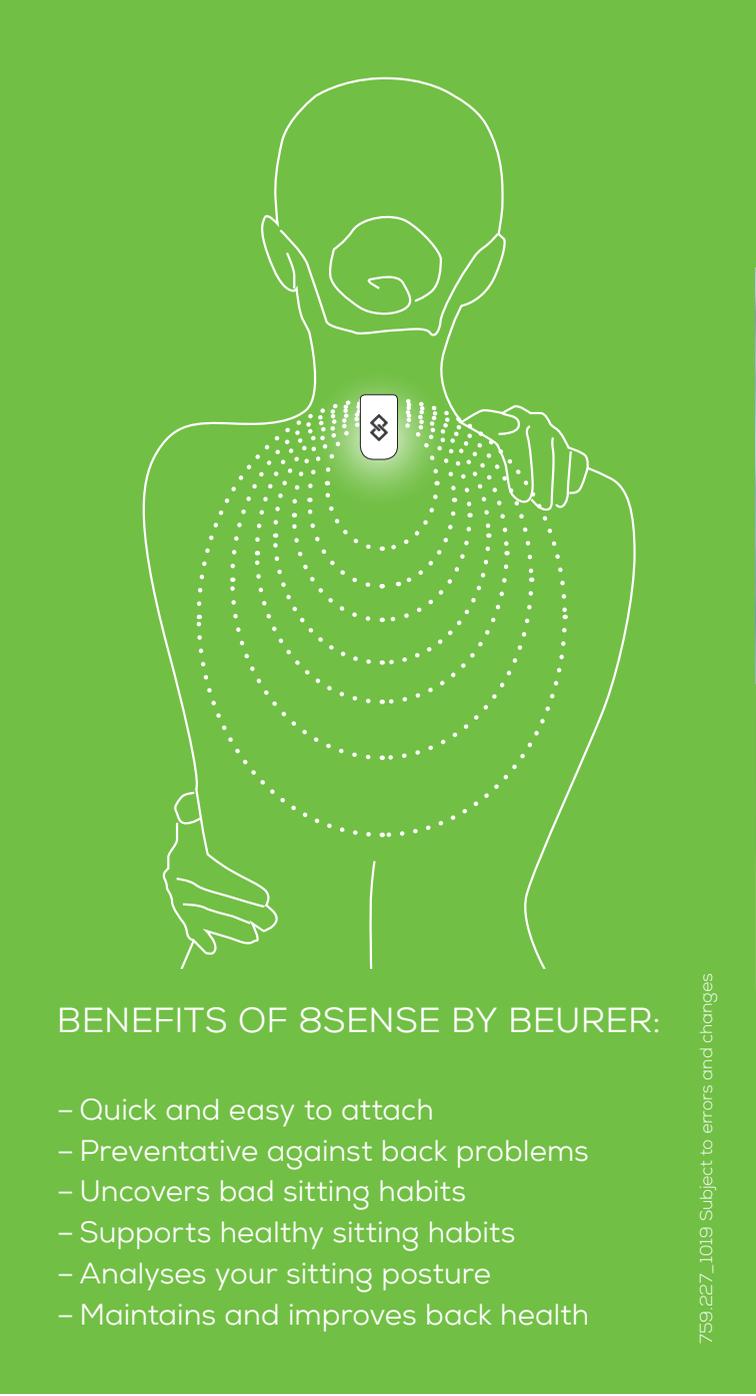
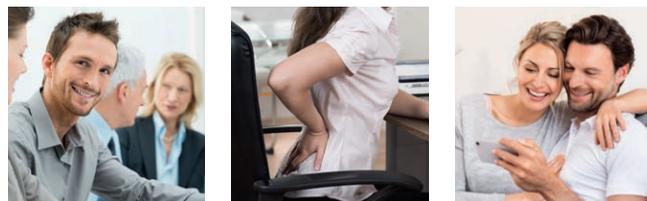


The back coach accompanies you throughout the day

DREAM TEAM: CLIP AND "8SENSE" COACH APP

The PC 100 Posture Control records and analyses your sitting habits. During use you can automatically transfer your data to the "8sense" app via **Bluetooth®**. The number of movements, upright phases, reclining phases and steps are displayed in a clear manner in the free app. Through real-time vibration feedback, the back coach motivates you to achieve your individual activity targets throughout your everyday life. This makes it easy for you to do something good for your back health in the long term.

The clip is small, inconspicuous and can be worn in nearly all situations.

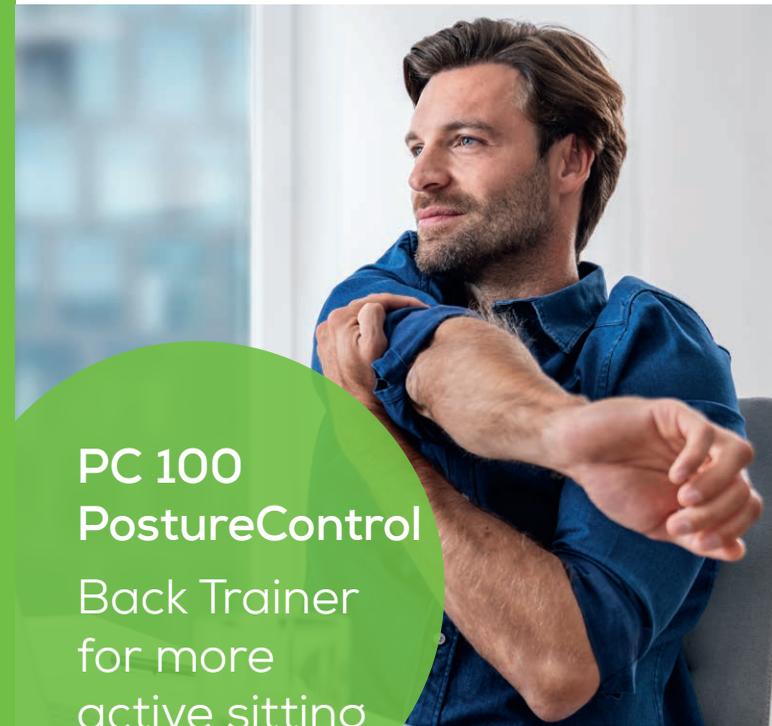


BENEFITS OF 8SENSE BY BEURER:

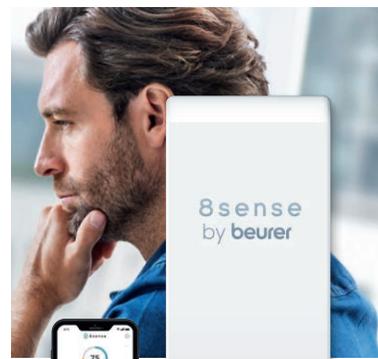
- Quick and easy to attach
- Preventative against back problems
- Uncovers bad sitting habits
- Supports healthy sitting habits
- Analyses your sitting posture
- Maintains and improves back health

759.227_1019 Subject to errors and changes

beurer



PC 100
PostureControl
Back Trainer
for more
active sitting



Analyses, motivates and supports you personally



Bluetooth®



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PhysioLine
german engineering



Healthy sitting habits can really be this easy

PEOPLE AND THEIR BACKS

Many people spend most of their working day sitting down. No wonder that back problems have long been one of the most common illnesses that people suffer from. Possible causes are lack of movement or long periods in static positions.

To prevent long-term problems, periods of sitting should be active and interrupted as often as possible.

The **PC 100 PostureControl Back Trainer** helps you to change unhealthy sitting habits and gets you used to a new and dynamic manner of sitting.

Small clip, big effect. Why not see for yourself – your back will thank you!



HOW THE BACK TRAINER WORKS

The innovative clip is attached to the collar of your clothing and can be connected to a smartphone via *Bluetooth*®. The virtual coach can record and analyse posture and body movements. The sensor emits a gentle vibration if you stay sitting in the same position for too long; this vibration prompts the user to change their sitting position.

The **Back Trainer** encourages an active manner of sitting, e.g. with frequent position changes or upright phases. One-sided strain of the muscles is therefore prevented and bodily awareness is improved. Unhealthy sitting habits are effectively corrected.



Prevention at any time;
at work and at home

WHY DO YOU NEED THE BACK TRAINER?

One-sided strain of the muscles, reduced productivity and negative effects on the vertebral discs: the consequences of sitting for 12 hours a day are considerable and cannot be compensated for by a simple workout in the evening.

THE EFFECTIVE TRAINING TOOL ACCOMPANIES YOU DAY AFTER DAY

Improve **back health**

for **ANYONE**, who wants to do something healthy for their body, despite having limited time

personal **COACH** for everyone



PC 100 PostureControl Back Trainer + "8sense" app

