

*Vibra*LITE can help when TRAVELING:



Traveling makes controlling your life difficult. You often have to deal with different time zones, busy schedules, eating challenges, different routine, High noise levels and Jet Lag. Help is available by using the “*Vibra*LITE” vibration alarm watch with auto repeat countdown timer. Vibrations on your wrist alert you to get up on time, take Medication, keep on schedule, eat regularly and Exercise. With the vibration feature set you do not need to alert or disturb others and will be reminded even when an audible alarm cannot be heard.

Set the Countdown Timer for the required amount of time (i.e. every 3 hours; every 4 hours) and the Vibrations on the wrist will remind you that it is time to eat, to take medication etc.. The Auto-Repeat Feature on the Countdown Timer on “*Vibra*LITE 3” and “*Vibra*LITE 8” will automatically reset and countdown for the preset time each time it reaches zero. These “interval” reminders are preset once and continue to repeat until you turn the countdown OFF with a push of a button. The Countdown Timer on “*Vibra*LITE 3” and “*Vibra*LITE 8” will provide you with a short one second reminder at 10 minutes and again at 5 minutes before zero. This little silent reminder is very often helpful. On “*Vibra*LITE 8” you can set this reminder feature for the one second reminder at 10 minutes and again at 5 minutes before zero to ON or OFF as you prefer.

On “*Vibra*LITE 8” you can preset up to 8 alarms for various daily reminders. (i.e. Waking up, Medications, appointments, departure time, being on time, keeping on schedule.) These alarms will alert you each day at your preset times. Alarms can be turned ON or OFF easily in the Option Mode when wanted. On “*Vibra*LITE 3” you can preset 2 alarms for variable reminders.

Exercise is still necessary when traveling. “*Vibra*LITE” will help you get started and follow through. Set an alarm to get you going. It is proven that doing your exercise at the same time daily is a sure way to condition yourself to getting it done. Use the Countdown Timer to time your exercise routine (i.e. 30 minutes or 60 minutes). When traveling and unsure of the distance needed to complete my 3 miles, I set my watch for 30 minutes when starting my brisk walk and head back when the countdown reaches zero.

“*Vibra*LITE 8” has 3 Time Zones that can be set. One can be set for current location, one for home location, and one for traveling to location or GMT. “*Vibra*LITE 3” has two Time Zones that can be set.

Economy Class Syndrome (Travel Thrombosis) is a condition that can be fatal. Sitting in a cramped position for too long can cause a Blood Clot to develop in a deep vein (usually in the thigh or calf). Timing your movement and water intake can be very helpful to prevent this. Set the Countdown Timer to repeat every 30 minutes to remind you to flex your legs while sitting. Every 90 minutes you should stretch your legs by walking around the aircraft. The Alarms can be set to remind you of this and will also keep you alert. To remind you to drink 8 oz. of Bottled Water every hour, the hourly alert feature would be a quick reminder that is a short 1 second Vibration.

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