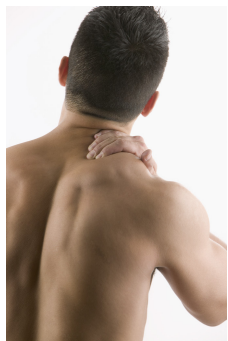


*Vibra*LITE can help with **BACK PAIN:**



If you are living with Back Pain you need all the help you can get. “*VibraLITE*” watch will be there to help you with reminders for Exercise, Medication(s), Ice and/or Heat Applications, timing sitting duration and even reminders to help with Losing Weight.

Often we are so busy that we don’t take care of our backs by doing what is good for them. “*VibraLITE*” will give you the reminders that you need.

The benefit of vibration alarms allows you to be reminded without alerting or disturbing anyone else.

Set the Countdown Timer for 20 or 30 minutes duration and the Vibrations on your wrist will alert you that it is time to interrupt that prolonged sitting that is not good for your back. Get in the habit of taking this break and relieve the pressure on your spine.

“*VibraLITE 3*” and “*VibraLITE 8*” will automatically reset and countdown for the preset amount of 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 is also great for timing Exercise whether it is fast walking, cycling or stretching. I use the Auto Repeat Countdown Timer for timing when using my Inversion Table. It is so much easier than counting for 1-2 minutes inversions. Need to time Ice Application? Simply set the Countdown for the 15 or 20 minute duration and you won’t need to keep on watching the clock. The Countdown Timer on “*VibraLITE 3*” and on “*VibraLITE 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 “*VibraLITE 8*” you can set this reminder feature to ON or OFF as you prefer.

On “*VibraLITE 8*” you can preset up to 8 alarms for daily reminders such as Drug Therapy; reminders for your daily exercise start time; and reminders to eat at regular intervals to help in weight control. Other alarms can be preset for reminders for any daily activities or tasks. 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 “*VibraLITE 3*” you can preset 2 alarms for variable reminders and could use the countdown timer for another daily reminder by setting the countdown for 12 hours.

Set the hourly alert feature if you want a quick reminder that is a short -1 second Vibration that will repeat every hour on the hour.

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