

## *Vibra*LITE can help with DIETING/WEIGHT CONTROL:

No one ever said that keeping the ideal weight is easy. Eating at regular intervals (3 meals a day and 2 to 3 Planned Snacks) and doing activities that don't involve eating (i.e. taking a walk, gardening, surfing the web) are a very important part of your plan for success. That is why you will find the "VibraLITE" Vibration Alarm Watch with Countdown Timer very helpful. The benefit of vibration alarms allows you to be reminded without alerting anyone else.



Set the Countdown Timer for the needed amount of time and the Vibrations on your wrist will alert you that it is time to eat. (i.e. every 3 hours) The Auto-Repeat Feature on the Countdown Timer on "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. This is a no-stress secret to the 3 hour timing strategy for dieting. 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 exercise, performing tasks, medication etc. 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.

Use 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.

Regulate your exercise routine with a reminder to start your exercise by setting an alarm that will get you up and going. Set the countdown timer for the 30 or 60 minutes of your exercise plan. When not sure of distance when I am walking while away from home, I set the countdown for my first 30 minutes and then start my return route so I get my full 3 miles of brisk walking.

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