

Hotel Fitness Club®



Travel HealthStation™

The Travel HealthStation™ brings together a wealth of clinically-validated health and fitness information that: Allows guests to measure and monitor their fitness levels, provides fitness and exercise guidance, and establishes goal setting and monitoring. Guests will enjoy a workout that is customized to their fitness goals.



Travel HealthStation Start Screen

www.HotelFitnessClub.com

A Different Approach

We believe the best method to get an accurate picture of health status is to measure the ratio of lean muscle mass to fat (as well as hydration levels), or individual body composition. While weight can be an important factor in determining an individual's health, using weight alone is not advisable.

75% of people are dehydrated, and being dehydrated can impair the body's ability to lose weight and build lean muscle mass. The Travel HealthStation™ can assist in making sure guests properly hydrated and optimally tuned for burning calories, losing weight, and increasing lean muscle mass.

We think the advantages of this comprehensive, personalized and fundamentally different approach to proactive health care and improvement, particularly relative to other, less holistic and personalized approaches, will make all the difference to ultimate health success.

Connecting Guests

The Hotel Fitness Club® network keeps traveling guests connected. The Travel HealthStation™ network allows easy access to health information, custom workouts, personal health progress, and from any Travel HealthStation™ kiosk.



Online Monitoring Tools

The Travel HealthStation™ features online monitoring tools that allow users to track body composition, caloric expenditure and weight over time. Choose any date range or specific measurement to display as a chart or graph. All information is stored on secure, HIPAA-compliant servers and can be accessed from any computer with an internet connection.

The World's Leader In Hotel & Resort Fitness®

Personalized Health Plan

By capturing highly-accurate physiological readings such as body composition and combining these readings with some basic demographic information specific to the individual, Travel HealthStation™ can obtain a clear picture of that person's unique health situation, allowing for a personalized plan.

Armed with an individual's demographic and health data, Travel HealthStation™ is able to quickly and accurately calculate body fat percentage, lean muscle mass, and hydration, i.e. body composition. This gives the Travel HealthStation™ the ability to combine the information gathered with other tools and functionality to provide the individual with a personalized health plan and an ongoing health measurement.

The Travel HealthStation™ can assess:

- **Heart Rate**
- **Blood Pressure (Systolic/Diastolic)**
- **BMI (Body Mass Index)**
- **Body Composition**
- **Body Weight**
- **Body Temperature**
- **Overall Health Index**
- **History Tracking Log**
- **Personal Health History**
- **Personal Workout Design**

Item: **HF-STATION**

Dimensions: 36" L x 36" W

Power: 110V

Network: Ethernet, wi-fi, wireless broadband capability

Regulatory: FDA cleared Class II medical devices,
American Disabilities Act (ADA) & HIPAA-compliant

Warranty: Parts - 1 Year
Labor - 1 Year

Custom Branding

For complete brand portfolio compliance programs, the Travel HealthStation™ can be completely customized to your facilities brand and marketing scheme. We can feature your corporate logo and match the paint to your corporate color standards. In addition, the start screen and programs will feature your corporate logo to completely integrate the Travel HealthStation™ with your facility.

Increase Revenue

By integrating the Travel HealthStation network into your facilities, guests will be more likely to choose your facility as they travel across the country. The Travel HealthStation™ becomes part of a healthy lifestyle for travelers and they will choose your brand first. Your facility will increase gross revenue and net profits resulting from an increase in guest retention.

