



The watch that knows  
your heart rate

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## MIO WATCH- CONNECTING WITH PEOPLE ON A ONE-TO-ONE BASIS

**VANCOUVER, BC-** April 15, 2009, Facebook is a household name with over 200 million users and counting. One may ask what is Facebook good for except for distracting teenagers from their homework and gossiping? Facebook is so much more! Facebook can be used as a professional marketing tool, personal media broadcasting channel or as a social connection point. If you don't have an account, locate to a computer immediately and sign up! <http://www.facebook.com>.

MIO has recently joined Facebook to connect with people on a more personal level. We are searching for fans who share our passion of fitness, health and overall well being. Everyday MIO posts and links to articles that provide you with great health and fitness tips. We also post links to press releases which provide a sneak peek to company news, new product releases, special events and promotional offers. We also post promotional codes to save you money on the purchase of MIO products.

MIO is not just a company selling fitness tools, we are fitness enthusiasts ourselves and we are committed to helping you achieve your fitness goals. We try to keep as up to date as we can with the fitness and health world. MIO is always looking for new ideas and feedback about our products. Come find us on Facebook and tell us what you are interested in!

### **About Physi-Cal Enterprises, makers of MIO Watches**

Physi-Cal Enterprises is a pioneer in health and fitness innovation. The company was the founder of the strapless ECG accurate heart rate monitor and calorie counter. The company has a dozen watches models on the market and now are launching a line of pedometers and timers.



MIO products are available at retailers nationwide or online at [www.miowatch.com](http://www.miowatch.com). Find us on [Twitter](#) under MIO watch!