

Press release

2 June 2010

Syon Park – walking event

Intelligent Health provides walk monitoring system to Walk England delegates

Intelligent Health today (2 June 2010) provided a free trial of its walking monitoring system to delegates taking part in a Walk England event in Syon Park, London.

In partnership with Walk England, delegates were led on a 1 mile walk around the beautiful house grounds in west London where they touched their individually registered cards on points along the route. Delegates were then able to view their walk details online provided at

<http://www.intelligenthealth.org.uk/>

How does it work?

- Delegates are issued with an individually registered tag that they touch on special points at the beginning, middle and end of their walk.
- Delegates provide their age, height, weight and heart rate at the end of the walk. This information and the times they swiped on the points will enable Intelligent Health to provide them with details of distance walked, time taken, average speed, and the number of calories burned. We will also provide them with a breakdown of the time taken for the each half mile and their 'Rockport' fitness test score.

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Notes to editors

For more information about Intelligent Health visit www.intelligenthealth.co.uk