



TRAIN WITH HEART

WHO WE ARE

Mio Global makes advanced wearable technology for athletes who want to improve their performance and get the most out of each training session. The company was founded in 1999 by CEO Liz Dickinson, a visionary in the fitness technology sector who holds numerous patents. Early on, Dickinson recognized the need for a new approach to accurate heart rate monitoring for athletes—a future without bulky and uncomfortable chest straps—as well as the potential in emerging wearable technology. Today, Mio offers the most accurate wrist-based, optical heart rate monitoring products on the market.

WHAT WE DO

Mio Global creates performance wearables to empower athletes at all levels with the data they need to commit, connect, monitor, and improve their training intensity. Mio's world-class engineers are committed to technology openness and innovation, developing new solutions to super-charge training. As the gold standard in performance-accurate heart rate monitoring from the wrist, Mio's optical heart rate technology is famous around the world and licensed by other large brands such as Garmin, Adidas, and Tom Tom.

WHY TRAIN WITH HEART

Here are a few reasons:

- Monitor your body's response to exercise
- Track your progress and structure your workouts
- Know if you're training at the appropriate intensity
- Make your workouts more efficient and save time
- Prevent overtraining which can lead to injuries
- Develop your body's ability to use fat as fuel

WHO USES MIO

Mio is designed for athletes of all levels, who want to optimize their training and fitness regimen. All Mio products are designed for active lifestyles, with soft silicone wristbands and water resistance to 30m (100 feet).

MIO'S PRODUCTS INCLUDE

Mio FUSE

Mio FUSE is an activity tracker for athletes who demand precise heart rate monitoring for training, along with a complete picture of daily activities. ANT+ and Bluetooth Smart (4.0) transmission enables users to monitor their heart rate with EKG-level accuracy, while also tracking calories, steps, distance, and pace.

Mio ALPHA 2

A heart rate sport watch designed to deliver extreme accuracy, Mio ALPHA 2 allows users to monitor their heart rate at all speeds and connect their heart rate data to iPhone and Android fitness apps. ALPHA 2 also tracks key in-workout metrics such as calories, distance, and pace.

Mio LINK

An affordable, water-resistant heart rate wristband, Mio LINK replaces the chest strap by providing athletes with performance-level heart rate monitoring from the wrist. Connect to select GPS watches and bike computers via ANT+ and sync with Android and iPhone fitness apps via Bluetooth Smart (4.0).

Mio makes heart rate training and fitness tracking easy and accessible with compatibility to bike computers, GPS watches, and popular fitness apps on iPhone and Android phones, in addition to the Mio GO app.