

The Gruve Solution™

FINALLY, A WEIGHT MANAGEMENT PROGRAM THAT WORKS

The Gruve Solution™ is an easy to use, activity-based program that provides a sustainable path to successful weight management and improved health. Gruve, developed in cooperation with Mayo Clinic, focuses on NEAT (non-exercise activity): the calories burned while doing everyday activities such as mowing the lawn, cleaning the house or cooking. Mayo Clinic research on obesity found that increasing daily NEAT may result in dramatic health improvements by reducing risk factors such as weight, cholesterol, body fat, and triglycerides.

The Gruve

- > Programmed with your personal metabolic rate and tracks your total body movement during the day
- > Highly sensitive technology records 98% of all activity, as compared to pedometers that record only walking activity
- > Subtle vibration reminder keeps you moving if you have been sedentary for too long
- > Pressing the Halo light bar provides you with real-time feedback toward your daily caloric burn goal
- > Synchronize with Gruve Online™ to view your caloric burn and track your activity levels



Gruve Online™

- > Develops a personalized plan with daily activity goals based on your metabolic rate
- > Motivates, educates, and supports you through the use of color-coded charts and information
- > Uses interactive charts to show activity levels and caloric burn data.
- > Provides additional information about nutrition and exercise



How to get your Gruve on

The Gruve personal activity monitor is available at a discount using CHCI's discount code and can be linked directly from the main page. Gruve is a great tool for individuals, for patients, for employers, or anyone interested in emphasizing the need for physical activity (not just going to fitness centers) for everyone each day. For quantities over 100 give us a call as we've got larger discounts that apply.



We all know regular physical activity is a key to improved health- get started with Gruve to help you along the way.