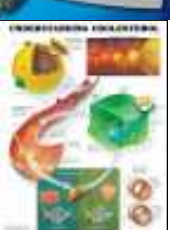
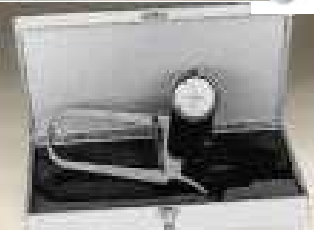


Weight Management and Weight Loss Essentials



Gulick II Plus Tape Measure

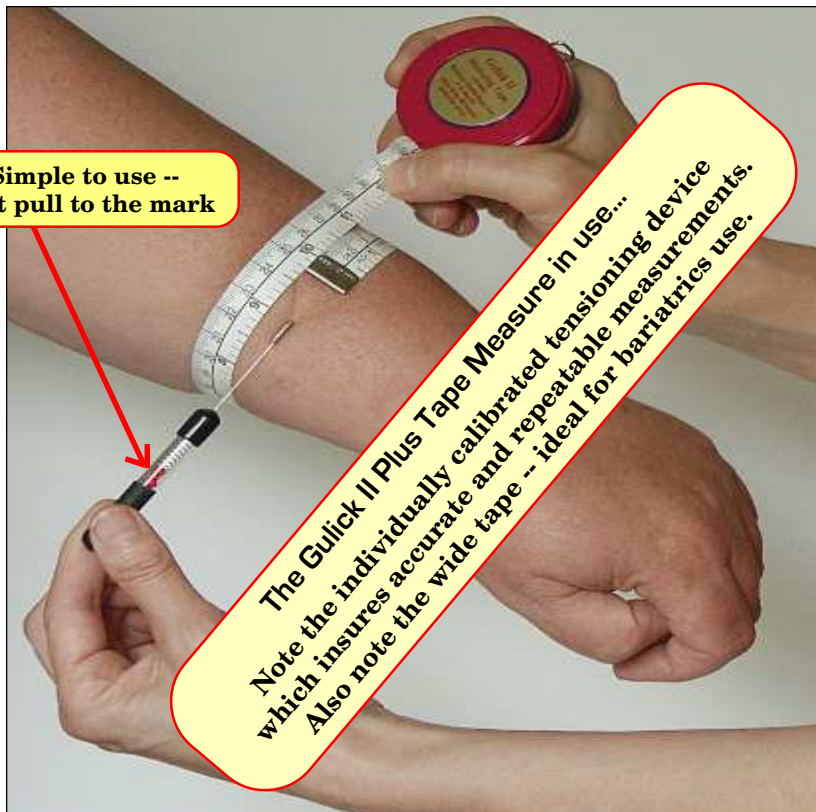
Bariatric professionals know that measuring body weight is not enough -- measuring body composition and specifically body dimensions is essential for evaluating the results of any weight loss program.

“With a population that is becoming increasingly more overweight, there is a great need for an accurate, yet easy-to-use tape measure... It must be precise, repeatable and user-independent -- a SMART tape measure .”

That SMART tape measure is now available -- our Gulick II Plus Tape Measure with its totally unique, individually calibrated tensiometer device!

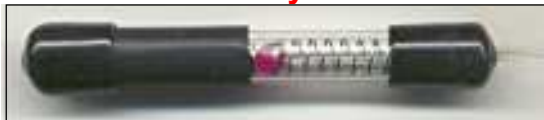
**Simple to use --
Just pull to the mark**

**The Gulick II Plus Tape Measure in use...
Note the individually calibrated tensiometer device
which insures accurate and repeatable measurements.
Also note the wide tape -- ideal for bariatrics use.**



Gulick II Plus Tape Measure

**Every Gulick II Plus Tape Measure
is individually Calibrated !**



- * **Individually calibrated:** provides a precise 4-ounce tension while a measurement is being taken.
- * **Lifetime calibration:** guaranteed by the stainless-steel compression spring, since it is impossible to “over-compress” a spring of this type.



The 120 inch long 5/8 inch wide tape is perfect for bariatrics use!

The Gulick II Plus Tape Measure uses a 5/8 inch wide, 120 inch long, no-stretch, retractable tape with both centimeter and inch gradations. The tape is non-metallic to avoid the discomfort of a cold object touching the skin. It is ideal for measuring larger, non-muscular body types. The wide tape is easier to position and less prone to sliding into tissue folds. This extra-long tape facilitates measurements on large individuals.

Model 67019 Gulick II Plus Tape Measure...Shipping weight 1 lb.....\$39.95

Ask us about quantity discounts

Biodynamics® 310e -- Portable Body Composition Analyzer

The Biodynamics 310e measures: percent body fat, lean weight, fat weight, basal metabolic rate, & total body water. Population-specific equations makes this unit uniquely accurate -- within 1.5% body fat and a .97 correlation to hydrostatic weighing. Printed test results in just 4 minutes.



All the features are at your finger tips: Press DATA to enter sex, age, height, and weight; attach sensors and press TEST which automatically displays the results; press TARGET to see recommended values; and press PRINT to generate a clear and concise report with individualized recommendations. There are also buttons for viewing hydration, resistance/reactance, English/metric units, and date. Includes: sensor cables, pads, battery charger, print paper, carrying case, manual.

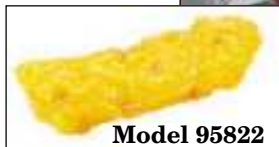
Model 70140.....Shipping weight 6 lbs.....\$1475.00

#70142 Pkg/100 Sensor Pads, \$26.50 #70144 Pkg/4 Print Rolls.....\$27.00

Muscle/Fat, Charts, Caliper

5 lbs of Muscle or 5 lbs of Fat

Long lasting
vinyl plastic



Model 95822



Model 95824

Outstanding teaching tools!

Model 95822 Fat Model.....\$139.95

Model 95824 Muscle Model.....\$169.95

Get both and save... \$249.95 per pair

Save \$ on 1 Pound Models...

Model 95826 Fat Model.....\$49.95

Model 95828 Muscle Model.....\$94.95

Get both and save... \$122.50 per pair



Metabolic Syndrome Chart

20" W by 26" H, Laminated

Illustrates factors including: obesity, high glucose levels, high blood pressure, and high cholesterol levels. Details each risk factor, causes & treatments. # **95811**....\$22.50



New Laminated Charts 24" x 36"

Guide to Weight Loss...

(the facts on what works)

Model 95778....wt 2 lbs...\$28.95

The Truth about Fad Diets

(why each type doesn't work)

Model 95779....wt 2 lbs...\$28.95



Harpenden Skinfold Caliper



A beautifully made caliper from England with a precise 360 deg dial scale and large, properly tensioned jaws. This is the caliper that was first used to establish norms for determining percent body fat. Includes case and instructions.

Model 68875.....Shipping weight 6 lbs.....\$495.00

Body Composition & BMI

Omron Body Fat Analyzer, % readings in 7 sec.

Omron Body Fat Analyzer gives accurate measurements in just 7 seconds. Start by entering your personal data -- height, weight, age, and gender. Just



8"L x 2"W x 5"H

hold the two handles and press START. Your percent body fat, pounds of body fat, and BMI index are shown on the LCD display. Has 9 memories; the new athlete mode delivers greater accuracy for well muscled, athletic individuals. Comes with an instruction manual and operates on 2 AAA batteries. Size: 8"L x 2"W x 5"H; weight: 8 oz. **Model 70185**.....wt 2 lbs....\$57.50

Seca BMI Calculator... Easy to Use!

Just enter height and weight and push the button. After you quickly calculate Body Mass Index, you can then accurately compare yourself to anyone of the same age & height. Also works as a standard calculator. **Model 69005**..wt 1 lb..\$36.95



330 lb capacity

BMI Fat Loss Monitor & Scale

The Fat Loss Monitor-Scale displays overall weight, body-fat percentage, and body mass index (BMI). This monitor-scale is fast & accurate -- features a four person profile memory and measurement storage for one day, one week, 30 days and 90 days for easy reference in tracking progress.

Model 70146.....Ship wt 8 lbs.....\$69.95

Charts on Fat, Weight, Fast Food, & Cholesterol



Healthy Weight

Healthy Eating

Cholesterol

These charts are laminated with 1.5 mil flexible plastic film, have eyelets in the top corners. Size: 20" wide by 26" high...

Maintaining A Healthy Weight, Model 95813.....\$19.95

Keys to Healthy Eating, Model 95816.....\$19.95

Understanding Cholesterol, Model 95814.....\$19.95

Overweight & Overeating, Model 95776.....(24x36").....\$29.95

Overweight & Overeating



Bariatric Scales

Seca 634 Bariatric Digital 800 Pound Scale



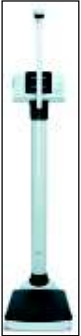
- Capacity - 800 lbs/360kg
- Remote display -- use optional stand
- Graduations - 0.2lb/100gm
- HOLD/TARE function
- Power supply-A/C UL adapter
- 1-year warranty.



This electronic high capacity platform scale has been developed to weigh obese, as well as, normal weight range patients. The high capacity of 800lbs and the platform size of 24" x 24" inches will assure the accurate and comfortable weighing of your day to day patients to your largest patients. The wired remote display can be placed on a desk, wall mounted or stand mounted. **Model 69018**.....Shipping weight 40 lbs.....\$1950.00

Optional Stand with steel tubing has non-slip rubber feet and a robust attachment bracket. The height of the display is continuously adjustable up to 39 inches. **Model 69019**.....Shipping weight 8 lbs.....\$142.36

Seca 763 Digital Height & Weight w/ automatic BMI



550 pound capacity

With this innovative, digital measuring station, both the height and weight of a patient can be ascertained in just one step. After measuring and weighing, both values are displayed on two LCD displays integrated into the intuitively operable display. But that is not all: on the basis of these values, the seca 763, at the touch of a button, automatically calculates the BMI of the patient. This value provides information on the general nutritional condition of the patient on the basis of the recognised WHO standard. With its capacity of 550 lbs, its low platform and very robust design, the measuring station is also extremely suitable for heavyweight patients. Specs: capacity: 550 lbs / 250 kg; resolution: 0.1 lb / 50 g; functions: tare, hold, auto-BMI; transport castors; measuring range: 43-78" / 110-200 cm; graduations: 1/8" / 1 mm. **Model 69110**.....Shipping weight 45 lbs.....\$1050.00



with 4 memories

BMI Body Composition Monitor--Scale

Uses full-body sensing technology with hand grip and foot electrodes for highly accurate readings. It displays body fat percentage, weight, & body mass index (BMI); calculates visceral fat, resting metabolism, and skeletal muscle mass -- making it easy to determine appropriate calorie intake & exercise levels.

Model 70147.....Ship wt 12 lbs.....\$125.00

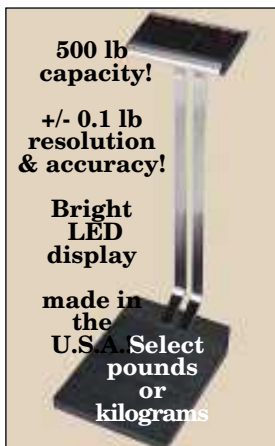
Professional Scales

Right-Weigh, 500 lb Capacity!

Perfect for larger body types. Uses a microprocessor and strain gauge sensing system with motion detection and smart averaging (accuracy and resolution is +/- 0.1 lb up to 500 lbs.). Operates on a 12 volt AC U.L. approved step down transformer. Height: 42". Platform: 14"x16". Wt 30 lbs **Model 68984**.....\$690.00

Memory Health-Weigh...

Remembers the data for up to 1,000 individuals: current weight, lowest and highest weight and corresponding dates, last weight & date; also compare actual weight to a predetermined goal. Holds data for up to 10 days of power loss. **Model 68985**.....Ship wt 30 lbs.....\$810.00



DETECTO® Physician Scale

The Detecto Physician Scale is the recognized standard of the industry and our most popular scale. Precision engineered, streamline scale features a professional white finish with readings in both inches and centimeters. Capacity, 400 lbs/180 kgs; accuracy to 4 oz or 100 grams; with height rod, 30-78 inches & 75-192 cm.

Model 68965...wt 46 lbs...\$275.00

Model 68965P (calibrated in lbs only).....\$295.00

With transport wheels, **Model 68964**.....\$345.00

StainlessSteel Scale for high humidity and swimming pool areas. Features like Model 68965.

Model 69065.....Ship weight 40 lbs.....\$685.00



High Capacity Tare

Professional BMI Scale

500 lbs, +/- 0.1 lb accuracy
Body Mass Index Calculator
Programmable Calibration
Stability Sensing Technology

This durable all-metal scale is ideal for obesity evaluation and management. The 500 lb capacity and +/- 0.1 lb accuracy allows precision weight measurements for people of all sizes.

Expect 100,000 weight readings for each set of 6 C-cell alkaline batteries (included) - or use the AC adapter (included). Scale height, 42"; platform size, 14"x16"x1.75"; weight, 29 lbs. 3 year mfr's warranty.

Model 69950.....Ship weight 44 lbs.....\$725.00

Model 69951 AC power only.....wt 43 lbs.....\$695.00

Blood Pressure, Heart Rate, Activity

Bariatric Blood Pressure Monitor



This blood pressure monitor accommodates larger sized arms. The cuff is coupled with a high speed motor for a fast and comfortable reading. Features include: AccuFit™ Cuff fits arms ranging from 16.5" - 23.6" (42 - 60 cm), High performance inflation motor, AC Power Adapter included, Irregular Heartbeat Detection, Pressure Rating Indicator™, 60 memory recall, Time & date with three alarms, Latex free. **Model 64156**.....wt 4 lbs.....\$179.95

Polar® Wireless Heart Rate Monitors

They feature: chest strap/sensor that transmits to wrist watch receiver for continuous display of heart rate; water resistant to 30 meters. ECG accuracy.



Model **F6** features OwnCal™ which counts the calories that you burn; and the OwnZone™ feature will automatically determine each day's target zone. The F6 is a "must have" for the individual seeking guidance and motivating feedback. OwnIndex™ will determine your fitness level, track your improvements, and provide motivation. It's the best choice for groups of exercisers. Coded transmission prevents crosstalk — you get only your own accurate readings. Color, black coal.

Model 60912.....wt 2 lbs.....\$109.95

FS1 This slim, fashionable heart rate monitor has an easy-to-read LCD display with extra-large digits. It features a manually set target zone with alarms and displays heart rate, exercise time, and average HR. Also shows time of day and has stopwatch function. Color, dark blue.

Model 60909.....Shipping weight 2 lbs.....\$59.95



Two Different Target Heart Rate Charts each priced at \$29.95



← 23x35" Guide for safe, effective exercising (70 to 85% of max rate) for improving cardiovascular system. **Model 95417**

24 x 36 inch laminated chart displays 10 sec. pulse counts for ages 15 to 80 in 5 year increments. Five columns show the counts for various % of max heart rate [55%, 60%, 70%, 80%, & 85%]. **Model 95428**

Age	55%	60%	70%	80%	85%
15	119	124	139	154	160
20	119	124	139	154	160
25	119	124	139	154	160
30	119	124	139	154	160
35	119	124	139	154	160
40	119	124	139	154	160
45	119	124	139	154	160
50	119	124	139	154	160
55	119	124	139	154	160
60	119	124	139	154	160
65	119	124	139	154	160
70	119	124	139	154	160
75	119	124	139	154	160
80	119	124	139	154	160

Exercise Equipment

MONARK 828E Professional Ergometer



**Model
65100**

- Works with wireless (Polar) H.R. sensors
- Displays: Workload, Time, Speed & Distance
- 49 lb Flywheel For Smooth Pedaling
- Easily Recalibrated 0 - 7KP (350 watts)

Our best selling professional-grade ergometer. Ideal for weight loss programs -- evaluations and clinical use. Features heavy duty construction, transport wheels, and quick set adjustment of seat height, handlebar height and angle. Large (49 pound) flywheel provides very smooth operation. The pendulum scale is easy to calibrate and set work load resistance in Newtons or KP and brake power in watts at 50 & 60 rpm. Includes LCD

display of work load readings, time, speed, pedal rpm, & distance. It also shows heart rate when used with a wireless heart rate sensor (see page 21, Model 60909). 18Wx44Lx35-44"H; weight, 120 lbs.

Model 65100.....Shipping weight 129 lbs.....\$1950.00



Easy Cycle -- Multi-purpose Exerciser

Use your feet or your hands on this versatile exerciser. Use it with any comfortable chair; put it on the floor for a lower body workout or put it on a table for an upper body workout. The Easy Cycle features an LCD display that shows: elapsed time, revolutions, rev/min, and calories burned. Resistance is easily changed with a twist of the knob on the front of the unit. Size: 11" h x 18" l x 12" wide. 2kg flywheel; 2" steel frame.

Model 70335.....Shipping weight 18 lbs.....\$99.95



Pedlar®

Any comfortable chair can be used --- ideal for any age or ability. Put it on a table like an upper-body exerciser. We feel this is the best quality unit on the market -- don't be fooled by "look-alikes".

Model 70325.....Shipping weight 8 lbs.....\$56.00



BV Medical Pedometer w/Smart Timer

It tracks your workouts with both a step and milage counter; it tracks calories burned; and it has an AM/PM clock. The exercise timer stops when you take a rest and continues when you get going again. It is ideal for walking or jogging, and it has a sturdy clip to keep it in place. **Model 84114**....wt 1 lb....\$16.95

Photodynamic (Light) Therapy; Calorie Tracking

FDA approved for the aches and pains of patients of ANY size



The advanced controller generates Nogier Pulse Frequencies for superior therapeutic results.

What Does Light Therapy Do?

- Increases the formation of capillaries, which speed up the healing process with more oxygen and nutrients.
- Stimulates the production of collagen, which is essential for repairing damaged tissue.
- Stimulates the release of adenosine triphosphate (ATP) which increases the energy level in the cells -- promotes faster nutrient uptake & waste product removal.
- Increases lymphatic system activity.
- Stimulates fibroblastic activity.
- Raises the temperature of the cells even though there is no heat produced from the diodes themselves.

The Lumen 90™ utilizes state-of-the-art technology to help activate the natural healing processes in the body. Super-luminous light emitting diodes (LED's) produce photons at different wavelengths in the near-infrared/visible red spectrums. The FDA has approved this powerful, conveniently-sized device for: increased local circulation, improved range of motion, reduction of pain, and muscle relaxation.

The Lumen 90™ application pad measures 4" x 8" and contains 90 LEDs -- fifty 200 mW IR (infrared), emission wavelength of 880nm and forty 3000mc SLDs (superluminous leds) with an emission wavelength of 650nm. The total average output is approximately 6.25 watts (maximal output power for minimal treatment times -- competitors often hide/inflate specs).

The controller pulses the LEDs at tissue specific frequencies as determined in the mid 1970s by a medical team headed by Dr. Paul Nogier. (The settings are used also in TENS units.) By pulsing at the specific frequencies of ectodermal, endodermal, and mesodermal tissues, the powerful Lumen 90™ heals faster while minimizing pain.

Model 22770.....Shipping weight 4 pounds.....\$785.00



CALTRAC® -- Easy Weight Control

Caltrac provides an accurate way to help people control and improve their weight & health. It's the only low-cost, kinetically-sensitive, palm-size computer/monitor that continuously logs any kind of activity & converts it automatically into calories expended. Easy-to-use: just program your vital statistics; push one button for an accurate accounting between calories gained and calories used. Weighs a few ounces; conveniently worn -- just clip it to your belt. With detailed instructions. **Model 68941**.....wt 2 lbs.....\$90.00

Order Form

ORDERED BY:

Name _____
 Address _____
 City/State/Zip _____
 Daytime phone (_____) _____ E-mail _____

SHIP TO (if different from above):

Name _____
 Address _____
 City/State/Zip _____
 Daytime phone (_____) _____ E-mail _____

Item #	Qty.	Description	Item price	

METHOD OF PAYMENT:

- Check enclosed (U.S. funds, no CODs)
 MasterCard VISA
 Discover AMEX

Card # _____
 Exp. Date _____ CIN _____
 Signature _____

Credit card orders are not charged until shipped. Orders may be held for checks to clear.

Question? Need to Order?
 Call 8 am - 5 pm Central Time
 Mon thru Fri. fax / e-mail anytime

Merchandise total	
Shipping (see below)	
Subtotal	
WI add 5.5% sales tax	
TOTAL	

Thank you for your order!

Would a friend like to receive our flyer? Just send us their name and mailing information:

Shipping Information

Most orders ship within 2 days of their receipt. Please allow up to 2 weeks for delivery. We use the most efficient carrier for deliveries in your area. International orders ship by weight via First Class Postal Service.

Shipping/Handling, Insurance, Sales Tax ...Easy as 1, 2, 3

1) Shipping/Handling Charges:	2) Insurance Charges:	3) Sales Tax:
0 to 2 lbs \$7.85 (\$8.65)	Value of \$100 - \$200 add \$1.50 then add \$0.50 per \$100 value	Wisconsin customers only, add 5.5% of sub total
3 to 6 lbs \$8.65 (\$9.35)		
7 to 15 lbs \$10.50 (\$13.50)		
16 to 30 lbs \$15.65 (\$20.95)		
31 to 48 lbs \$20.95 (\$30.50)		
*** Please call for 3 day shipping charges. *** West Coast use second \$ column. Call for heavy items/next day/2nd day/3 day charges		

** International Orders: Prepayment is required in U.S. Dollars -- wire transfer is preferred.



Country Technology, Inc.

P.O. Box 87 Gays Mills, WI 54631
(608) 735 - 4718 Fax: (608) 735 - 4859
E-mail: ctech@mwt.net



For more fitness equipment...

Visit our fitness website: www.fitnessmart.com

Call for our free 22 pg fitness and rehab catalog: "Vital Signs"

TO:

3 John 1:2 Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.