



The watch that knows
your heart rate

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MIO WATCH - PROVIDING YOU WITH A DAILY DOSE OF HEALTH AND FITNESS TIPS ON DIGG!

VANCOUVER, BC- May 5, 2009, [MIO Watch](#), the makers of the world's first watch to take an ECG accurate heart rate without a chest strap are excited to be a part of a growing social network, Digg. With over 2 million users Digg is extending its reach to connect with more individuals. Digg is used to discover and share content on the web; it includes links, stories and photographs. There are no editors at Digg so it is up to you, the user to determine whether the content is valuable or not. If you like the article, then you Digg it if you don't think it is news worthy then you bury it. When an article has enough Diggings it is placed on the front page of Digg.

At [MIO Watch](#) we are excited to connect with our customers and fans on a more personal basis. We are always searching for new people interested in maintaining or starting a healthy active lifestyle to connect with. Each day the Online Marketing Coordinator posts links to articles about health and fitness related articles. The articles provide helpful exercise tips, diet information as well as current news about the industry and company news on MIO Watch.

At [MIO Watch](#) we are not just a company that sells health and fitness tools, we are group of individuals dedicated to improving the wellbeing of people by assisting them to lead a healthy lifestyle. We feel that leading a healthy lifestyle will ensure that you live a longer and happier life. Come join MIO Watch on [Digg](#). We will provide you with a daily dose of health and fitness news to keep you updated and motivated!

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 watch and calorie counter. The company has a dozen heart rate watches on the market and are now launching a line of pedometers and timers.

MIO Watch products are available at retailers nationwide or online at www.miowatch.com. Come find us on [Twitter](#), [Facebook](#) and [YouTube](#).