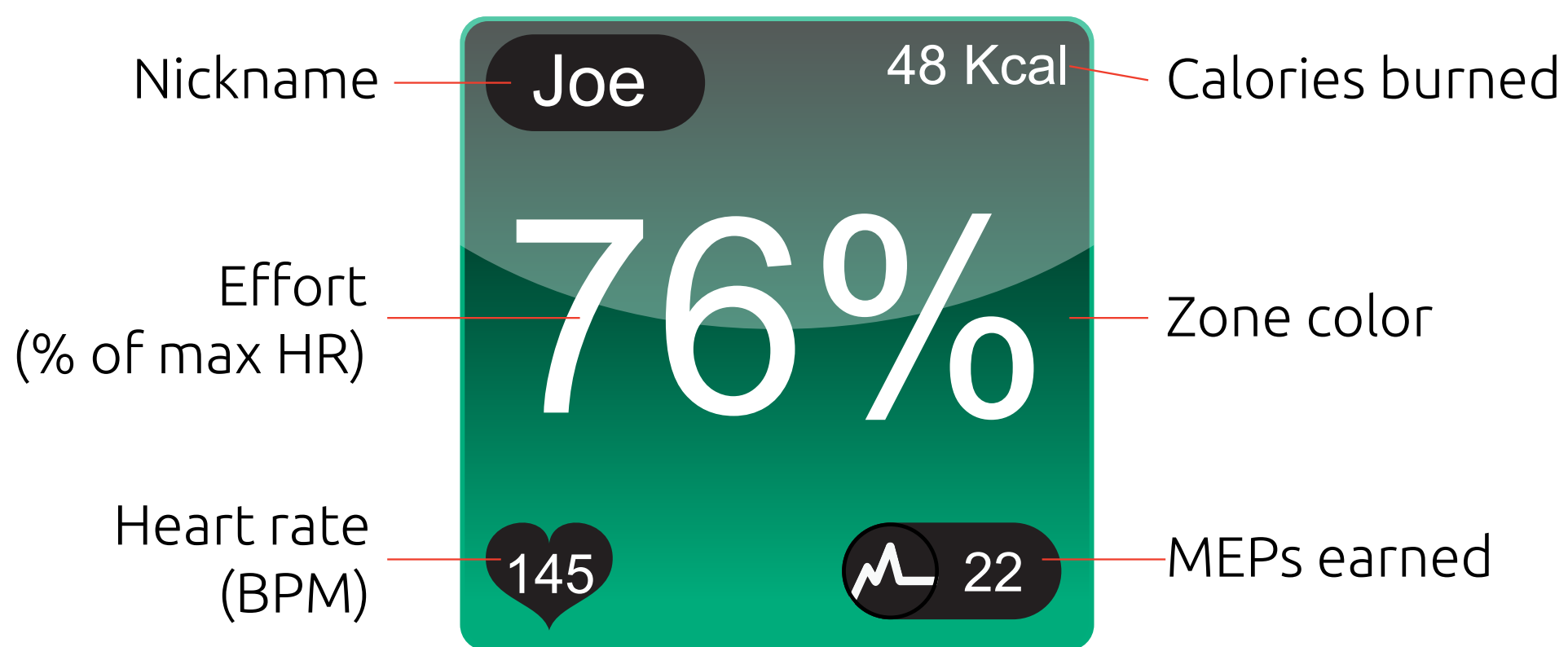


UNDERSTANDING YOUR LIVE TILE



MEPS (MYZONE® EFFORT POINTS)

MEPs are awarded for every minute spent exercising in your personal intensity zones. The more effort you put in, the more MEPS you earn.

