

**June365 Media Release
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For immediate release**

Pioneering Physical Health & Wellness Technology Developed by Iconic Kiwi Business

A groundbreaking new physical wellness technology called June365 has been developed by innovative Kiwi company Fisher & Paykel Technologies.

June365 includes a SmartDeck which packages up a room full of gym equipment into a compact portable device, as well as a motivating Digital Coach June, who monitors technique 20 times per second, giving real-time guidance and personalised workouts based on individual goals and progress.

"We've leveraged our experience in R&D innovation and smart motor technology to design a physical health solution which removes barriers to exercise and in turn, will improve people's lives," says CEO at Fisher & Paykel Technologies, Anthony Belsham.

"Traditionally resistance strength exercise has required complicated and expensive equipment, is easy to do incorrectly, and every individual needs to be motivated and engaged in a way that works for them. By using our heritage of innovation, technology, and scale from the appliance industry, we've managed to completely rethink how to solve these issues with June365.

"We believe that the personalisation and motivation built into June365 will influence positive behaviour change more so than people coordinating their own exercise because June365 looks at users' unique goals, technique and preferences. Personalisation is known to be effective for helping people take on that personal feedback and evoking sustainable change," adds Anthony.

There are 60+ different resistance based exercises and three different workout modes which users can try on their SmartDeck.

Through the SmartDeck's advanced sensing technology, June365 interprets if the user is doing the correct technique or not and then provides real-time, immediate guidance which is delivered through the Digital Coach, June.

The weight resistant handles on the SmartDeck automatically adjust weight resistance from 2 to 25 kilograms per handle, each movement is tracked and compared to an expertly built library of ideal exercise techniques.

NZ business giants Deloitte, Contact Energy, Farmers Mutual Group, Barfoot & Thompson, VTNZ and Fisher & Paykel are the first to jump on board and offer June365 as an employee benefit and are currently part of a world first program within their organisations.

June365 also includes interactive adventure challenges which can be launched, at any time, as an individual, team or organisational wide challenge, designed to drive motivation and team spirit.

Rachel Goodwin who joined the June365 pilot from Barfoot & Thompson says "it's certainly motivated me to be more consistent with my exercise since being able to have a play on June365 and I really like the form correcting and motivation queues from the app!"

Available as both corporate wellness and health & safety solutions for workplaces, June365 supports people to lead a more active lifestyle while the employer benefits from improved productivity, engagement and a happy and healthy team.

June365 Demo video: <https://www.youtube.com/watch?v=ml0kRdfVbnE&t=2s>