



## BLACK DOGS AVAILABLE TO HELP PEOPLE EXERCISE

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Technology is set to play an even greater role to *Exercise Your Mood*.

It comes in the form of a Black Dog Pedometer.

This clever device, which helps measure the distance you walk or jog, is the brainchild of the Black Dog Institute using the popular iPhone technology from Apple.

Forget about expensive get-fit programs, the Black Dog Pedometer is a FREE application available to iPhone users from the iTunes store.

It's probably fair to say that many a dog owner will credit their level of fitness to the compulsory daily walk with the family pet.

Well this latest device comes without the vet and boarding fees as well as the regular visits to the butcher or pet shops.

iPhone users can simply click on the Black Dog icon to use the pedometer. It displays on one side of the screen a male or female figure and on the other a black dog. You are able to set your time and distance goals and off you go.

Throughout the exercise regime, you are fed your elapsed time, the distance covered as well as some motivational messages. The pedometer also stores your personal best time as you step-up the *Exercise Your Mood* program.

The Black Dog Institute would like to think that the little black dog that accompanies its iPhone owner on their walk or jog, will encourage people to learn more about the 'Black Dog' (Depression) and donate to the work undertaken by the Institute.

(The Institute is a not-for-profit educational, research, clinical and community orientated facility offering specialist expertise for mood disorders, such as depression and bipolar disorder.)

The Black Dog Institute has also recently introduced a new online shop with a range of merchandise items. It is already proving popular with supporters who often take on challenges to raise funds for the Institute.

There is a long list of these supporters which in recent times has included hundreds of runners in the Blackmore Sydney Running Festival as well as the Andrew Johns Walk from Newcastle to Sydney. Visit the Institute website, [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au) to purchase your merchandise and visit the iPhone app store to download your free Black Dog Institute pedometer app.

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