

# EXHIBIT 1



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(12) **United States Patent**  
**Quy**

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(54) **METHOD AND APPARATUS FOR MONITORING EXERCISE WITH WIRELESS INTERNET CONNECTIVITY**

(75) Inventor: **Roger J. Quy**, Mill Valley, CA (US)

(73) Assignee: **Q-Tec Systems LLC**, Wilmington, DE (US)

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*Primary Examiner* — Sam Yao

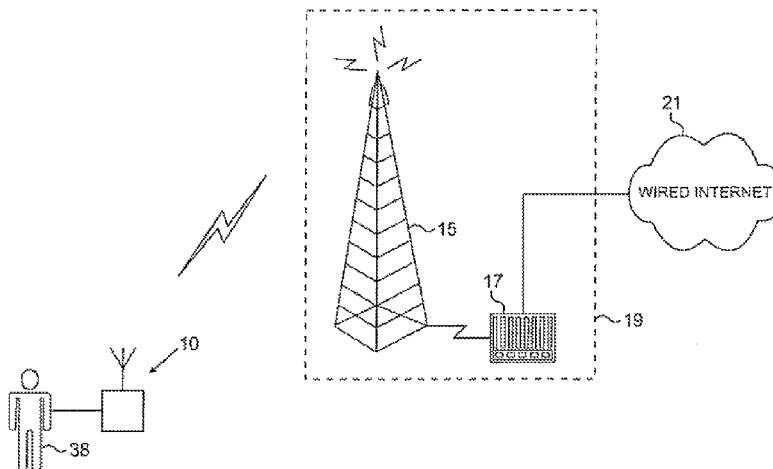
*Assistant Examiner* — Shirley Jian

(74) *Attorney, Agent, or Firm* — Mark D. Wiczorek; Mayer & Williams P.C.

(57) **ABSTRACT**

A method and apparatus are provided for wireless monitoring of exercise, fitness, or nutrition by connecting a web-enabled wireless phone to a device which provides exercise-related information, including physiological data and data indicating an amount of exercise performed. The connection may be by way of a wireless connection using protocols such as Bluetooth® or 802.11, or by way of a wired connection. An optional adaptor may be included if necessary. An application for receiving the exercise-related information and providing a user interface may be downloaded to the web-enabled wireless phone from an internet server. The exercise-related information may be transmitted to an internet server, and the server may calculate and return a response.

**19 Claims, 8 Drawing Sheets**



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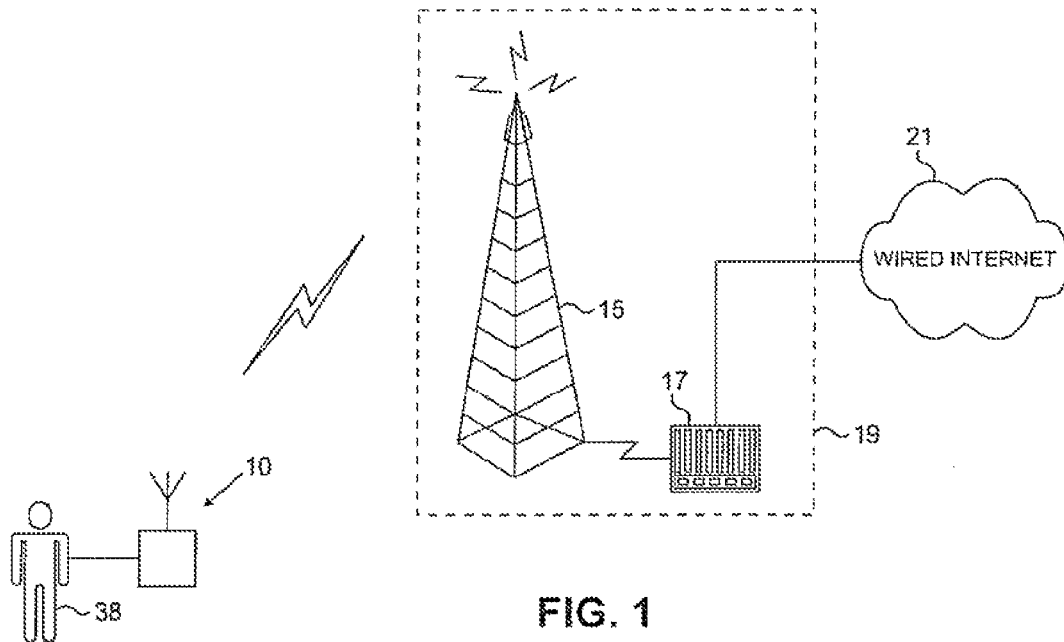
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