

Mio Provides Heart Rate Technology to Garmin's First GPS Running Watch with Wrist-based Heart Rate

Leading GPS Company Will Leverage Mio Global's Award-Winning Optical Heart Rate Technology in Garmin Forerunner® 225

VANCOUVER – May 21, 2015 – [Mio Global](#), makers of industry-leading wrist-based heart rate monitors, entered into a strategic relationship with Garmin International Inc., a unit of Garmin Ltd. (NASDAQ: GRMN), to introduce the Forerunner 225 - the first Garmin GPS running watch that measures heart rate at the wrist. The Forerunner 225 leverages Mio's award-winning optical heart rate technology to bring accurate continuous heart rate monitoring to athletes.

“Our strategic relationship with Garmin will shed light on the importance of training with heart rate,” said Liz Dickinson, CEO of Mio Global. “As athletes recognize the role heart rate training plays in measuring workout progress and training intensity, it's becoming a must-have in wearable technology. The Garmin Forerunner 225 is a powerful mix of world-class GPS technology and accurate performance heart rate technology.”

With more than a decade of innovation in GPS technology, the Forerunner 225 will be the first GPS running watch from Garmin to measure heart rate at the wrist. By leveraging Mio's continuous heart rate technology, the Forerunner 225 will offer heart rate data in real time by displaying the results on a colorful graphic interface. The strategic relationship between a leading GPS brand and a leading heart rate technology brand will allow athletes to train smarter and recognize the role that heart rate plays in their training intensity and efficiency.

Mio's award-winning, patented optical heart rate technology is also used in the company's line of heart rate sport watches and wristbands, including Mio ALPHA, Mio FUSE and Mio LINK. All Mio products are designed for athletes with features such as comfortable silicone wristbands, shock-resistance and water resistance to 30m (100ft).

How Mio Heart Rate Technology Works

The built-in optical sensor shines light into the user's skin and measures the amount of light returned. The sensor is designed to detect slight changes as blood pumps through the wrist, using an advanced filtering process to produce a reliable and accurate heart rate.

For more information about Mio products, visit the Mio Global website at www.mioglobal.com/pressroom.

About Mio

Mio Global is an acclaimed pioneer in sport and fitness wearable technology, creating performance wearables to empower athletes at all levels with the data they need to commit, connect, monitor and improve their training intensity. Mio sport bands and watches are equipped with industry-leading heart rate accuracy and fitness tracking solutions to help athletes set and surmount their fitness goals. The company headquarters is in Vancouver, Canada. For more information, visit www.MioGlobal.com.

About Garmin

Garmin International Inc. is a subsidiary of Garmin Ltd. (Nasdaq: GRMN). Garmin Ltd. is incorporated in Switzerland, and its principal subsidiaries are located in the United States, Taiwan and the United Kingdom. Garmin and Forerunner are registered trademarks.

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