

Heart Foundation

Walking



Instructions

Heart Foundation Pedometer

Main Features

- Large, easy to read display and good, easily operated buttons
- Cover provided to protect against rain and dust, and to prevent the buttons from being pushed inadvertently
- Battery life of approximately 1 year. Can be easily changed with a coin
- Counts the number of steps taken while walking or jogging up to 99,999 steps
- Measures the distance covered while walking or jogging from 0.01km/mile to 999.99km/mile
- The stride length can be set in 1cm or 0.05 feet intervals precisely
- Measures the number of calories burned while walking or jogging from 0.01 to 999.99kcal

Notes on Use

- Do not open the case except when changing the battery as it contains a precision mechanism
- Avoid dropping or subjecting the pedometer to shock
- Avoid using the pedometer in a place with excessive humidity or where it may come in contact with water

How to Wear the Pedometer

Attach to your belt, pants, skirt or shorts using the clip on the back of the pedometer.

To Change Between Step, Distance or Calorie Modes

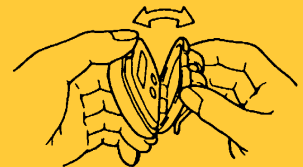
Press the 'mode' button until your required mode is displayed.

To Reset the Pedometer

Press the 'reset' button at any time. All modes will be cleared.

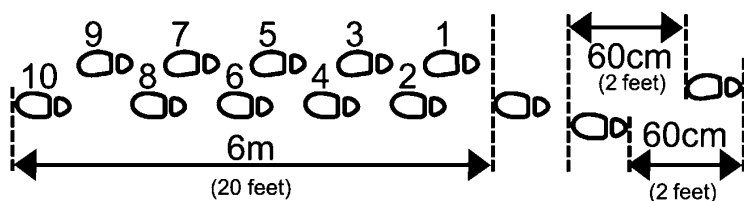
Opening the Cover

Holding the pedometer upright, grasp the top of the clip with one hand. Use the other hand to push the projecting portion of case body between the sides of the clip, away from the clip thus opening the case.



Measuring Stride Length

- Find an area where you can walk 10 steps in a straight line
- Place a mark on the ground and line the front of your foot up with the mark
- Take 10 normal steps
- Mark where the front of your foot ends on the last step
- Measure the distance between the two marks, divide this by 10 to determine your step length



How to Set Stride Length

- Press the 'mode' button until the cursor is pointing to DIS (km)
- Press the 'set' button
- Input your stride length by pressing the 'set' button. The counter will go up in 1cm intervals to 180cm before resetting to 30cm and beginning to increase again. Once you have reached your stride length allow the screen display to return to DIS (km), this will take about 3 seconds
- The cursor will point to DIS(km) again, your stride length has been set

How to Set Body Weight

- Press the 'mode' button until the cursor is pointing to Calorie (kcal)
- Press the 'set' button
- Input your body weight by pressing the 'set' button. The counter will go up in 1kg intervals to 120kg before resetting to 30kg and beginning to increase again. Once you have reached your body weight allow the screen display to return to Calorie (kcal), this will take about 3 seconds.
- The cursor will point to Calorie (kcal) again, your body weight has been set.

For further information about walking groups, physical activity or any heart health, phone the Heart Foundation's Health Information Service on 1300 36 27 87. For the cost of a local call you can speak to trained Heart Foundation staff today from anywhere in Australia or visit our website on www.heartfoundation.org.au

To Change the Battery

The display will begin to get dim as the battery runs out. Please change the battery as soon as you notice the display beginning to dim. This pedometer needs a LR-44 type battery, easily available at any electronics or camera shop.

- Close the cover
- Use a coin in the slot at the bottom of the pedometer to open the case
- Remove the 'dead' battery and replace with a new battery. Make sure the '+' side faces up
- Replace the case. You will need to press the two pieces together quite firmly
- Replacing the battery clears all information. You will need to re-enter your stride length and body weight.

