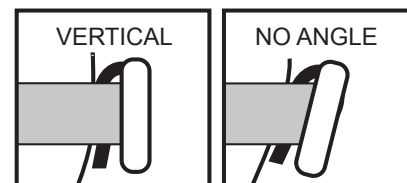
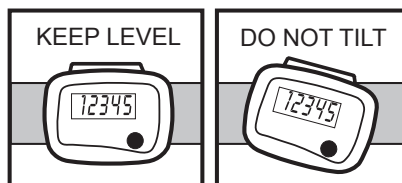
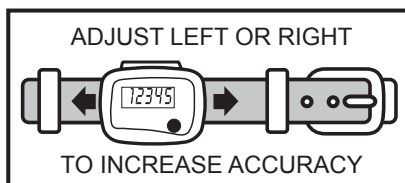


## 5 STEPS FOR ACCURATE PEDOMETER COUNTS AND LONGER PEDOMETER LIFE

Pedometers are quality control tested prior to shipping. If you feel yours is not working correctly, here are some helpful tips to resolve issues you may experience. Many issues may be resolved by taking a moment to understand the correct operation, use, and limitations of a pedometer. All users should read the instructions that came with their pedometer. Any model pedometer which is not used properly can result in inaccurate count totals.



### 1. Correct positioning on the waist increases pedometer accuracy.

Pedometers contain a pendulum which must remain vertical and parallel to the body. If the top of a pedometer is tilted outward (more common in heavier people or those wearing a pedometer low on the waistline) the pendulum may not swing freely. If a pedometer is tilted on the waist toward the left or right, the pendulum may not count all steps taken. It is easy to accidentally bump a pedometer with the inside of the arm while walking and not realize it. Walkers should occasionally check the pedometer to make sure it is in the correct position. Additionally, moving a pedometer a few inches to the left or right on the waistline can affect the number of steps counted. Most people find a pedometer works best placed on the right side, over the hip bone, straight up from the knee. Others, because of the way their hips swing, find more accuracy with the pedometer out to the side, along the line where the arm falls straight down. Everyone has a unique stride, so each person must find the position that is most accurate.



### 2. A steady, even pace increases pedometer accuracy.

For greater accuracy, walk at a comfortable, steady pace for a period of time without multiple starts, stops, abrupt turns, or other changes in stride. (This is true with any pedometer model.) The numbers on your pedometer display may not always match the number of steps you've actually taken if you make these kinds of movements, but your pedometer will still be very close to the actual number of steps you've taken. The clearer your movements are, the easier it is for your pedometer to determine each step you take. TIP: Pedometers studied have been shown to be more accurate walking at about 3.5 mph than a slower pace of 2.5 mph.

### 3. For greater accuracy, wear your pedometer when walking, remove it when you're not.

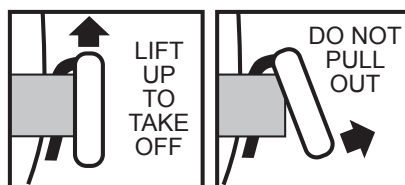
All pedometer models are accurate counting the number of steps taken over an entire day, such as for 10,000 step programs. For greater accuracy and longer pedometer life, we recommend using your pedometer as a measuring tool to be used when engaged in the activity of walking, and removed while not walking.

Although you may choose to wear your pedometer all day, here are 3 reasons we recommend removing a pedometer when you're not walking. 1) Other types of movement, such as sitting and standing, wiggling around in a chair, shuffling in place, etc. may or may not be detected by the pedometer and could result in inaccurate count totals. 2) Frequent bending or turning at the waist, such as sitting and standing, can put added stress on the pedometer clip. This may cause the clip to stretch at the point where it attaches to the pedometer, and eventually break. 3) A pedometer is more likely to accidentally fall off or be bumped off during non-walking activities, ie: table edges or arms on office chairs can knock a pedometer off the waist. Remember, pedometers contain sensitive electronics, which may be affected by the shock of bumping or dropping a pedometer. Since examples like these are more likely to occur during non-walking activities, it is generally recommended pedometers are removed when not walking. Additionally, if the function buttons are on the face of your pedometer, some of these movements may cause the display to be accidentally reset to 0.

### 4. Wear the right clothing.

Clothing material that is too thin may cause a pedometer to tilt or move and count inaccurately, or fall off the waistband more easily. Do not attach to loose or hanging clothing, or parts of the clothing that shift or slide when you step. Additionally, a pedometer is most accurate when placed at the widest part of the waist, where it will hang vertically. Low hanging pants may cause the pedometer to tilt, leading to inaccurate readings.

Thick belts and fabric can stretch the clip where it connects to the back of the pedometer, causing breakage in as little as one use. Do not attempt to wear a pedometer on a belt or clothing more than 3/16" thick. If you have to force a pedometer onto the waist, the belt or fabric is too thick.



### 5. Take care of your clip.

Remove the pedometer gently from the waist by lifting the pedometer UPWARD, not outward. Avoid stretching or putting stress on the clip by pulling outward or twisting the pedometer to read the display. Also, avoid frequent bending over or repeated sitting and standing while wearing a pedometer. These types of movements could stretch out the clip, which may cause the clip to fail or the pedometer to fall off. Clips are flexible, but not unbreakable! Extremely cold weather can also cause clips to become brittle. It is recommended users put on and remove pedometers as close to possible as room temperature.

### If your pedometer display doesn't show numbers or is frozen:

- Remove the battery from the pedometer for 30 seconds and re-insert. Make sure the plus side (+) of the battery is facing upward. Depending on the model and features, you may have to re-program your custom measurements into the memory. See the instruction manual for your pedometer.
- Dirt and moisture can cause power loss between the battery and contacts. The tip of a pencil eraser is an easy way to clean the contacts and the button battery. Battery should be removed from pedometer when not in regular use.

- Occasionally the pendulum may become jammed during shipment, if dropped, or in extreme weather. Jiggle the pedometer or tap the case lightly to loosen. It is strongly recommended the pedometer be kept in an upright position and away from direct sunlight when not in use.

If nothing else works, the battery is probably depleted and should be replaced.

Remember, pedometers are sensitive electronic instruments. Avoid dropping or striking your pedometer on any hard surface.

**CAUTION: CONTAINS SMALL PARTS.** Keep out of the reach of children under the age of 5. Small parts may pose a choking hazard.



**WARNING**

KEEP BATTERY OUT OF REACH OF CHILDREN. Swallowing may lead to serious injury or death. (Severe burns can occur within 2 hours). Immediately see doctor. Call the National Button Battery Ingestion Hotline collect at 202-625-3333 for consultation about button batteries. Expert advice is available 24 hours a day, 7 days a week. Dispose of used batteries immediately. Risk of injury due to fire, explosion or leakage. Do not disassemble, charge, crush or expose to fire or high temperatures.