

DIGITAL PEDOMETER



XL-15






Built in clip to quickly attach to user

A simple, low cost solution to measuring your steps.

The National Physical Activity Guidelines recommends 10,000 steps daily as a goal for a healthy adult. A study found that more steps are achieved if people are recommended 10,000 steps a day compared to the recommendation of a 30 minute walk. Regular physical activity has been associated with reduced risk for CVD, Diabetes and death in the general population. Researchers at the Stanford University School of Medicine have found that the use of a pedometer is associated with significant increases in physical activity, weight loss and improvements in blood pressure.

Medicine & Science in Sports & Exercise (2005), Archives of Internal Medicine (2003), Journal of American Medical Association (2007)

KEY FEATURES:

-  Clock: 12/24 hour
-  Step Counter:
Up to 99,999 steps
-  Distance Counter:
Up to 99,999 miles/km
-  Calorie Counter:
Up to 99,999 kcal
-  5 year Warranty

Technical Specification

Measurement range	Steps: 99,999 Distance: 999.99 miles or km Calories: 99,999 kcal
Power supply	One (1) L1131 Button Cell (Duracell 389/390, Energizer 390/389)
Dimensions	8.4 [W] x 5 [D] x 1 [H] in
Warranty	5 Years

Packaging and Shipping Specifications

	Dimensions (in) (WxDxH)	Weight (lb)	Case Cube (cubic feet)	UPC
Individual Unit Box	8.4 x 5 x 1	0.09	0.02	093764602269
Case (10 units)	9 x 7 x 6	1.45	0.22	

What is in the box

- Digital Pedometer
- Instruction Manual (English)
- L1131 Button Cell Battery