

OMRON Step Counter

Model HJ-113



Walking style

A Good Sense of Health

Cautions

- Keep the Walking style out of reach of young children.
- If a young child swallows battery, cover or screw, immediately consult a doctor.
- Do not throw the battery into fire because it may explode.
- Do not wear the Walking style.
- Do not hang the Walking style from your neck during jogging.
- Do not drop or step on the Walking style.
- Do not put the Walking style in the back pocket of your shorts or pants.
- Do not touch the Walking style or touch it with wet hands.
- Avoid exposure of the Walking style to direct sunlight.
- The operating environment of the Walking style must be free from excessive vibrations, shocks, magnetic fields, electrical noise, etc.

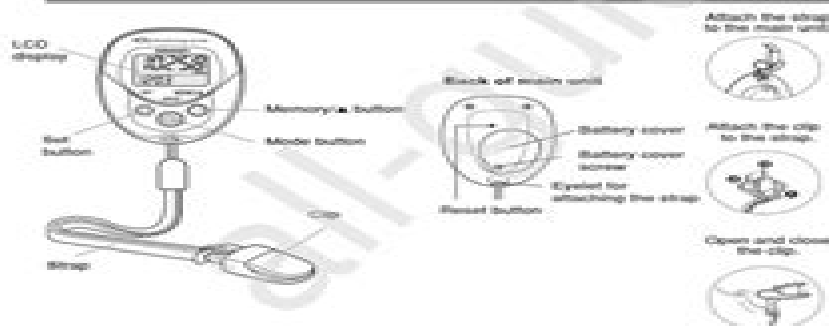
- Thank you very much for purchasing the OMRON Step counter.
- Please read this Instruction Manual before using the product to ensure safe and correct use.
- Please keep this Instruction Manual always at hand for your future reference.

1. Components of Product

Overview



2. Name of Parts



3. About the Pedometer

Number of Aerobic steps displayed

Besides a regular step counter, the Walking style also features an aerobic step counter, which counts the number of steady steps. Steady – or aerobic – steps is the physical exercise that helps us stay healthy. Steady steps are counted separately when walking more than 50 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of "continuous (aerobic or steady) walk".

How many steps do we need to do per day?

For long term health and reduced chronic disease risk, we should do 10,000 steps a day. For successful weight loss, this should be between 12,000 and 15,000 steps. If we want to build aerobic fitness, we should make at least 3,000 (preferably more) steady steps per day.

The Walking style helps you manage your steps. Simply wear the Walking style Step Counter and it will count all your daily steps. It's easy to use: just set it and start moving (as stated by David R. Bassett Jr., a professor in the Department of Health and Exercise Science at the University of Tennessee, Knoxville).

2400

4. Measure your stride distance

Measure your stride distance first for accurate measurement.

How to measure your stride distance

Correct stride distance is from a tip of your foot to another one. To measure the correct average stride distance, divide the total distance of ten steps (as walked by the number of steps (10)). Calculate the stride distance as shown in the following formula:

Example: $\frac{5.5 \text{ m (total distance)}}{10 \text{ (number of steps)}} = 0.55 \text{ m (55 cm)}$



5. How to insert battery

1. Use the Screwdriver provided to remove the screw.
2. Remove the battery cover.
3. Insert the 3V lithium battery type CR2002.
Note: Be sure to place the positive (+) side of the battery upward (as shown in the illustration).
4. Put the battery cover on the battery compartment.
5. Fasten the screw.
6. To reset system, press the Reset button.
Caution! All data, memory and settings will be deleted.



Battery replacement

Show a tip: clip to remove the battery and insert a new 3V lithium battery type CR2002.
Caution! Do not use a metal object to remove battery!



6. Set time, weight and stride length

Setting time, weight and stride length is necessary to record the number of steps and then to calculate the consumed calories, burned fat volume and walking distance.

Note: Keep pressing memory button to go fast forward with 1 hour, 10 minutes, 10 kg or 10 cm intervals.

Note: If you leave time setting for 5 minutes, the display will return to the number of steps.

0:00

Set the Time

<Setting Range 0:00 ~ 23:59>

- 1 Press set button for 2 seconds.
Press memory button to set the hour.

14:00

- 2 Press the set button.

14:00

- 3 Press memory button to set the minute.

14:30

- 4 Press set button to set the time and to proceed to weight setting.
Note: the initial weight is 30 kg.

30

Set the Weight

<Setting Range 30 ~ 130kg>

- 1 Press memory button to set your weight.
Note: If the display reaches 130 kg, it will return to 30 kg.

65

- 2 Press set button to set the weight and to proceed to stride length setting.
Note: the initial stride length is 40 cm.

40

Set the Stride Distance

<Setting Range 30 ~ 120cm>

- 1 Press memory button to set your stride length.
Note: If the display reaches 120 cm, it will return to 30 cm.

55

- 2 Press set button to set all the values. The display will show latest steps and the clock.

14:30

Adjust settings

- 1 Press set button for 2 seconds.
- 2 Press memory button to adjust time, weight or stride length.

Omron Walking Style Manual

**David P. Swain,ACSM,Clinton A.
Brawner**



Omron Walking Style Manual:

Manual for Pharmacy Technicians Bonnie S. Bachenheimer, 2010-09-10 The trusted training resource for pharmacy technicians at all levels The role of pharmacy technicians is rapidly expanding and demand for well trained technicians has never been higher Technicians are assuming more responsibilities and are taking on greater leadership roles Quality training material is increasingly important for new technicians entering the field and current technicians looking to advance Look no further than the new 4th edition of the best selling Manual for Pharmacy Technicians to master the practical skills and gain the foundational knowledge all technicians need to be successful NEW chapters cover the latest essentials Specialty Pharmacy Practice Communication and Teamwork Billing and Reimbursement Durable and Nondurable Medical Equipment Devices and Supplies NEW features include Full color design photos and illustrations enhance learning Rx for Success boxes share tips to help techs excel on the job Technology Topics highlight the latest in automation technical areas Safety First features provide critical advice for enhancing safety reducing errors Bolded key terms defined in chapter level glossaries Streamlined contents divide book into 4 simple parts introduction to pharmacy practice foundation knowledge and skills practice basics and business applications Expanded self assessment questions and calculations content Alone or with the new edition of the Pharmacy Technician Certification Review and Practice Exam the Manual for Pharmacy Technicians 4th Edition offers pharmacy technicians the most relevant authoritative easy to use guide in the field Want more exercises and practice Look for the NEW Workbook for the Manual for Pharmacy Technicians

Essential Manual of 24-Hour Blood Pressure Management Kazuomi Kario, 2022-05-16 ESSENTIAL MANUAL OF 24 HOUR BLOOD PRESSURE MANAGEMENT Hypertension is one of the greatest threats to human health The World Health Organization WHO estimates that 1 13 billion people worldwide have hypertension In 2017 new guidelines for managing hypertension were published by the American Hypertension Association AHA guidelines which lowered the diagnosis thresholds of hypertension and thereby increased the prevalence of hypertension As such hypertension is now recognized as a more serious and widespread a condition than ever before In this new edition of the Essential Manual of 24 Hour Blood Pressure Management the author emphasizes that lowering the blood pressure BP and restoring the BP profile with adequate circadian rhythm is essential for a long life without cardiovascular events The author also introduces updated evidence for managing hypertension throughout 24 hour periods from morning to nocturnal hypertension The Essential Manual of 24 Hour Blood Pressure Management Second Edition will be an essential companion for doctors who wish to provide evidence based medicine and be familiar with the most cutting edge technology on monitoring BP Medical researchers and students will also value the author s many insights drawn from his distinguished career

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain, ACSM, Clinton A. Brawner, 2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all

major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training **Journal of Rehabilitation Research & Development** ,2010 **Journal of Rehabilitation Research and Development** ,2010 Issues in Disability, Rehabilitation, Wound Treatment, and Disease Management: 2011 Edition ,2012-01-09 Issues in Disability Rehabilitation Wound Treatment and Disease Management 2011 Edition is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Disability Rehabilitation Wound Treatment and Disease Management The editors have built Issues in Disability Rehabilitation Wound Treatment and Disease Management 2011 Edition on the vast information databases of ScholarlyNews You can expect the information about Disability Rehabilitation Wound Treatment and Disease Management in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Issues in Disability Rehabilitation Wound Treatment and Disease Management 2011 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com> Cumulated Index Medicus ,1997 ,

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compiler from a company that is committed to supporting the book both through purchases and promotion Provides numerous real world design examples all carefully tested **Electronics Buyers' Guide** ,1984 Basic Guide to Dental Procedures Carole Hollins,2024-04-05 The essential guide to dental practice returns in an updated form Basic Guide to Dental Procedures serves as essential overview of procedures for members of a practice team whether in general or specialized practice Updated to reflect cutting edge practices and new clinical research it remains a must own for dental care providers Each chapter retains the familiar structure of providing the reason for the procedures step by step guidance on carrying out the procedure and advice for the long term maintenance of the results Readers of the third edition of Basic Guide to Dental Procedures will also find A new chapter on treatment under conscious sedation Additional and updated sections on subjects including dietary advice vitality tests implants thermoplastic dentures and more Color images throughout procedure stages with before and after views where possible Basic Guide to Dental Procedures is an ideal reference and study guide for dental nurses and other practitioners across the dental practice **Innovative Technologies in Intelligent Systems and Industrial Applications** Subhas Chandra Mukhopadhyay,S.M. Namal Arosha Senanayake,P.W. Chandana Withana,2023-10-03 This book presents the proceedings of the 7th International Conference on Innovative Technologies in Intelligent Systems Industrial Application CITISIA held in virtual mode in Kuala Lumpur Malaysia and Sydney Australia on November 16 18 2022 It showcases advances and innovations in Industry 4 0 smart society 5 0 mobile technologies smart manufacturing smart data fusion hybrid intelligence cloud computing and digital society *Resources in Education* ,1973 **Research in Education** ,1973-12 *JIT Implementation Manual* Hiroyuki Hirano,2019-02-13 The one manual that every corporate executive should read again and again re released for the first time in an affordable paperback version Known as the JIT bible in Japan this six volume set present the genius of Hiroyuki Hirano who leaves no detail to chance in explaining ho **MSCEIS 2019** Lala Septem Riza,Eka Cahya Prima,Toni Hadibarata,Peter John Aubusson,2020-07-30 The 7th Mathematics Science and Computer Science Education International Seminar MSCEIS was held by the Faculty of Mathematics and Natural Science Education Universitas Pendidikan Indonesia UPI and the collaboration with 12 University associated in Asosiasi MIPA LPTK Indonesia AMLI consisting of Universitas Negeri Semarang UNNES Universitas Pendidikan Indonesia UPI Universitas Negeri Yogyakarta UNY Universitas Negeri Malang UM Universitas Negeri Jakarta UNJ Universitas Negeri Medan UNIMED Universitas Negeri Padang UNP Universitas Negeri Manado UNIMA Universitas Negeri Makassar UNM Universitas Pendidikan Ganesha UNDHAKSA Universitas Negeri Gorontalo UNG and Universitas Negeri Surabaya UNESA In this year MSCEIS 2019 takes the following theme Mathematics Science and Computer Science Education for Addressing Challenges and Implementations of Revolution Industry 4 0 held on October 12 2019 in Bandung West Java Indonesia *JIT Implementation Manual -- The Complete Guide to Just-In-Time Manufacturing* Hiroyuki Hirano,Andrew Carlin,Hal S. Stern,Donald B. Rubin,2009-04-27 It is a book for manufacturing

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Table of Contents Omron Walking Style Manual

1. Understanding the eBook Omron Walking Style Manual
 - The Rise of Digital Reading Omron Walking Style Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying Omron Walking Style Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Omron Walking Style Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from Omron Walking Style Manual
 - Personalized Recommendations
 - Omron Walking Style Manual User Reviews and Ratings
 - Omron Walking Style Manual and Bestseller Lists
5. Accessing Omron Walking Style Manual Free and Paid eBooks

- Omron Walking Style Manual Public Domain eBooks
- Omron Walking Style Manual eBook Subscription Services
- Omron Walking Style Manual Budget-Friendly Options
- 6. Navigating Omron Walking Style Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - Omron Walking Style Manual Compatibility with Devices
 - Omron Walking Style Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Omron Walking Style Manual
 - Highlighting and Note-Taking Omron Walking Style Manual
 - Interactive Elements Omron Walking Style Manual
- 8. Staying Engaged with Omron Walking Style Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Omron Walking Style Manual
- 9. Balancing eBooks and Physical Books Omron Walking Style Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Omron Walking Style Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Omron Walking Style Manual
 - Setting Reading Goals Omron Walking Style Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Omron Walking Style Manual
 - Fact-Checking eBook Content of Omron Walking Style Manual
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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