## STEP UP TO BETTER HEALTH

10,000 STEPS PER DAY FOR SUCCESSFUL WEIGHT LOSS, THIS SHOULD BE BETWEEN 12,000 – 15,000 STEPS PER DAY.

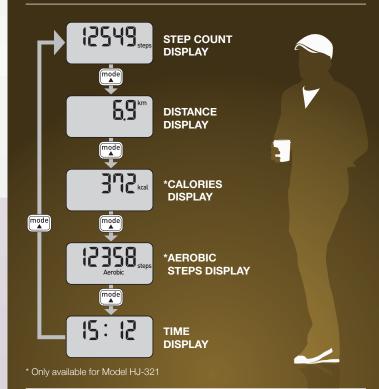
Results from a 3-month and 44-patient study sponsored by Omron Healthcare, Inc. and conducted by Diabetes In Control.com concluded that people with diabetes who wear a pedometer and have a daily goal to become more active throughout the day will see improvements in blood pressure, weight loss, blood glucose, A1c, lipids, total cholesterol, LDL. HDL and Triglycerides levels.#

Omron Walking style helps you manage your steps. Simply wear the step counter and it will count all your daily steps.



### CE

# IT'S EASY TO GET STARTED



#### CALORIES

By measuring the intensity of your activity, the unit can calculate the amount of calories burned.

#### **AEROBIC STEPS**

Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 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 "a continuous walk".



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### **OMRON**

### Walking style





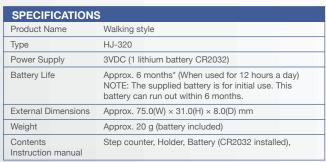












- Specifications are subject to change without notice. This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd. Japan.
- \* Based on OMRON test using new battery.









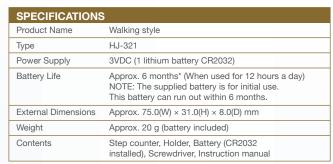












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#### **ABOUT**

## 3D SENSOR TECHNOLOGY

This Step counter features advanced 3D Smart Sensor technology - so it knows exactly when you're taking a step. It's more accurate than other step counters which use a simple pendulum design. Use this in your pocket, bag or on your hip for added convenience. The seven day memory helps you keep track of your daily activity to help you reach your fitness goals. Use this unit everyday to monitor your fitness achievements!

### **COMPARISON CHART**

### OMRON PEDOMETERS

Model	HJ-320	HJ-321
	[258]	T T T control
Technology	3D Sensor	3D Sensor
No. of steps	✓	✓
No of aerobic steps	×	✓
Duration of aerobic steps	×	✓
Calories burnt	×	✓
Walking distance	✓	✓
Time Display	✓	✓
Memory	×	✓
Power	3V Lithium CR2032	3V Lithium CR2032
Battery life	6 months (when used 12 hours a day)	6 months (when used 12 hours a day)
Weight	20g	20g
Reset steps function	√	×