

OMRON



ACTIVITY MONITOR
FOR YOUR DAILY ACTIVITIES
WITH JOGGING MODE

PACE • CALORIES • TIME • DISTANCE



ACTIVITY MONITOR
FOR YOUR DAILY ACTIVITIES
WITH JOGGING MODE

PACE • CALORIES • TIME • DISTANCE



Jog style

ACTIVITY MONITOR

Jog style

ACTIVITY MONITOR

HJA-313

Asia Pacific HQ
OMRON HEALTHCARE SINGAPORE PTE LTD.
438A Alexandra Road, #06-05/08,
Alexandra Techno park, Singapore 119967
www.omron-healthcare.com.sg

OMRON HEALTHCARE Co., Ltd.
53, Kunotsubo, Terado-cho,
Muko, Kyoto, 617-0002 JAPAN

ABOUT

ACTIVE ENGINE 2 TECHNOLOGY

HJA-313 Activity Monitor uses OMRON's proprietary "Active Engine 2" technology to measure your physical activities, including household chores, desk work and walking, and calculates the number of calories you have burned in a day.



This monitor is an everyday tool that can help you find a healthy balance between diet and exercise.

Works in your bag & pocket or clip around your waist



BEST Record
Data on the workout mode in which longest ever distance is achieved is displayed as the "BEST" record.

WORKOUT MODE
Measures distance, time, pace, calories

WEEKLY DIET SUPPORT
Users can set how much weight to lose in the next 4 weeks (weight reduction target). The activity monitor will calculate the target amount in terms of activity calories user should burn in a week and support the weight reduction goals.

BACKLIGHT
This activity monitor has a backlight for night use

WEEKLY DIET SUPPORT
Monitors your target amount of calories to burn to support your weekly weight reduction goals.




Achievement Level Indicator
Shows how much of the weekly target has been achieved.

Congratulatory Mark
Displayed when weekly target is achieved.













SPECIFICATIONS	
Product Name	Activity Monitor
Type	HJA-313 (HJA-313-APBK)
Power Voltage	3 VDC (Lithium battery CR2032 x 1)
Battery Life	Approximately 5 months* (if used 12 hours a day)
Dimensions	Approximately 47.0 (W) x 47.0 (H) x 13.0 (D) mm
Weight	Approximately 25g (including the battery)
Accessories	• Lithium Battery (CR2032 x 1 included) • Strap • Clip • Screwdriver • Instruction Manual



It's easy to get STARTED

CHECK LIST

- Make sure you are in good health.** It's always best to consult with a doctor before you start any new physical program.
- Good Shoes & Socks!** A good fit, support and cushioning are important.
- Wear comfortable clothing.** You'll start to 'heat up' as you walk - and you want to stay as comfortable as possible.
- Find a partner** to make your walk more interesting and motivate each other.
- Consider splitting your walk into smaller increments.** Possibly... 3,000 in the morning... 3,000 during the day... and 3,000 in the afternoon/evening. If you've always been sedentary, you'll find that 10,000 steps per day is no easy goal....but, it's very 'do-able'.

Sensible weight loss is different. Increasing the calories that you burn through more exercise and reducing your calorie intake will result in weight loss, but it takes time.

Strive for sensible weight loss now. Use an activity monitor to measure your progress today and improve your fitness!

These specifications are subject to change without notice * Based on OMRON testing