

USING YOUR NEW LIFESTYLES SW-700 DIGI-WALKER™ PEDOMETER

Note: Assuming that you wear your NEW LIFESTYLES DIGI-WALKER™ pedometer correctly and understand how it works, your pedometer will accurately measure — within 1% — the actual number of steps you take.

A pedometer measures the vertical acceleration — up and down motion — of your hip as you walk. It also measures other things you do throughout your day — bending to tie your shoes, going up and down stairs, etc. That's OK, because the goal of the 10,000 steps program is for you to expend more energy and burn more calories. For more information about incorporating physical activity into your day, visit www.new-lifestyles.com.

Inside your pedometer is a mechanism that includes a suspended arm (like a clock pendulum). To work properly, that arm must be upright. So, if you find that your pedometer isn't measuring all your steps, the arm probably isn't upright. If your pedometer tilts much, the arm will not move properly and the pedometer will not register steps correctly.

Try experimenting with the positioning of your pedometer to ensure the arm is upright and the device is correctly counting your steps.

Frequently Asked Questions

1. I hear something moving inside my pedometer. Is that normal?

Yes. That's the suspended lever arm, which moves up and down as you move. You'll notice that the lever arm counts "steps" when you shake or move the pedometer. That, too, is normal — but it's not a very healthy way to get your steps in!

2. Will my pedometer work properly if it's in my pocket?

No. To work properly, your pedometer must be in an upright, vertical position.

3. Will my pedometer work if I run?

Yes, it works for running, but you'll need to set a stride length that corresponds to your pace if you want your distance meter to be

accurate. When finished, you will want to re-enter your walking stride length.

4. How does the pedometer know how far I've gone?

The SW-700 multiplies the number of steps you take by the stride length you enter and then displays the result in kilometers. Therefore, if you want your distance measurement to be accurate, it is important to enter an accurate stride length.

5. I don't think my pedometer is working properly. What should I do?

Refer to the Troubleshooting suggestions on the inside of this pamphlet, or visit the FAQ section of www.new-lifestyles.com.

Instructions for Pedometer Use

How to Open Your Pedometer

With your pedometer attached to your waist or held upright in your hand, grasp the top of the clip with one hand and use the other hand to push the door away from the clip.



How to RESET Your Pedometer

To clear the data recorded in your pedometer — other than stride length — push the RESET button.

Unless you are measuring a cumulative weekly total, you should clear your total each night when you take off your pedometer.

Thank you for choosing NEW LIFESTYLES!



Understanding the Display



Displays up to 99,999 steps, 999.99 km, & 9,999.99 kcals

Used to switch between steps, distance & calories

Clears totals

Used to set stride length & weight

How to Determine Your Stride Length

When walking, your stride length is the distance from the toe of your front foot to the toe of your back foot (or the heel of the front foot to the heel of the back foot).

Before you can program stride length into your pedometer, you must determine it. To do this, you must walk or run a given (measured) distance while counting the number of steps it takes to travel that distance. (Your goal here is simply to find your average stride length.)

Note: You can measure a distance using your car, but it won't be as accurate. You also can use a treadmill if it's calibrated accurately (which isn't always the case).

Here are two easy methods for measuring stride length:

1. Lap-Around-Track Method

This is the most accurate method.

1. Go to a college or high school track.
2. Find out the distance of the track. (Most outdoor tracks are 400 meters, although some indoor tracks are 200 meters.)
3. Walk around the inside lane once, counting the number of steps you take. (Or, let your pedometer do the counting for you!)
4. Divide the length of the track by the number of steps you took.
5. Convert from meters to centimeters.
6. Round to the nearest centimeter. The answer is your stride length.

Example: Terry took 500 steps around a 400-meter track. 400 meters divided by 500 steps is .8 meters/step. Move the decimal point two places (to convert to centimeters). Terry's stride length is 80 centimeters/step.

2. The 10-Steps Method

This method yields fairly accurate results.

1. Mark a starting point on the ground.
2. With the fronts of your shoes at the starting point, stand with your feet together.
3. Take 10 steps and stop.
4. Mark your stopping point on the ground (the point at the fronts of your shoes).
5. Measure the distance traveled in centimeters.
6. Divide the number of centimeters you traveled by 10 (the number of steps you took).

How to Set Your Stride Length

1. Calculate your stride length.
2. Press MODE until the cursor at the top of the screen points to DIS (km).
3. Press SET. The cursor will "jump" to STRIDE.
4. Continue to press the SET button until your stride length appears.
5. Press MODE until it returns to STEP.

How to Set Your Weight

1. Press MODE until the cursor points to CALORIE.
2. Press SET. The cursor will "jump" to WEIGHT.
3. Continue to press SET until your weight appears. *Note: Weight can be set from 30 to 120 kg.*

How to Wear Your Pedometer



For accurate and reliable readings, you must wear your pedometer correctly.

NOTE: If you have a protruding tummy, you may need to position your pedometer more on your side.

Otherwise, your stomach may lean into the pedometer, forcing it out of its correct position.

1. With the NEW LIFESTYLES decal facing out, slide the clip onto a belt, waistband or horizontally hemmed pocket — halfway between your belly button and hip.

Note: The pedometer should be vertical, with the clip against your body. When you open the door, the screen should face you.

2. If your pedometer is equipped with a security strap, attach the strap's clip onto a belt loop, waistband or belt — or to a bunched-up piece of nearby material. To order a security strap, visit www.new-lifestyles.com and click **Catalog**.

Note: Never secure the pedometer to your clothing with only the security strap.

3. Take the 20 Steps Test (see box at right) to make sure you've placed your pedometer correctly.

Troubleshooting

Additional problems and their suggested solutions can be found at www.new-lifestyles.com/faq.html.

1. DIGI-WALKER™ pedometer falls in water or goes through washing machine

While it is not recommended, pedometers have been known to survive a trip through the washing machine or a dip in the toilet. However, the heat from a dryer is usually detrimental. Try this:

1. Remove the battery.
2. Let the unit dry out for at least 24 hours.
3. Replace battery.

2. Display is stuck on one number

There are a few things to try in this situation:

1. Perform a self-test.
 - Hold down all the buttons simultaneously for five seconds.
 - When the display goes blank, remove your fingers from the buttons.
 - Your display should show "88888" and then "0." If not, continue to Step 2.
2. Remove the battery. *Note: Removing the battery will clear all your settings.*
3. Put the battery back in. Your display should read "0."

3. Display looks dim

When the display looks dim, your battery is low. Here's how to change the battery:

1. Obtain a LR-44 battery (try discount, office supply or watch/camera stores).
2. Open the back of the pedometer:

The 20 Steps Test

Take this simple test to find out whether you've found a good placement on your body for your pedometer:

1. Wearing your pedometer as explained previously, press RESET.
2. Walk 20 steps.
3. Without taking the pedometer off, open the door and check the number of steps it registered.
4. If it doesn't read 19 to 21 steps, move the pedometer to a different spot on your waistband and repeat until you find the most accurate position.

- Place a coin in the slot on the bottom of the pedometer.
- Turn the coin and snap the cover open.

- Gently lift the cover.
- Replace the "dead" battery with the new one, making sure the "+" sign faces you.



- Replace the cover, making sure it is properly aligned before you snap it shut.
- Make sure the cover is secure.



battery

3. Perform a self-test (see situation #2).

4. LCD is blank or shows strange characters

Your LCD display is probably broken as the result of a drop or direct hit.

Warning: Some people have broken the clips on their pedometers (see below) by catching their pedometer while shutting the car door. Be careful!

5. Clip is broken

When you force your clip onto or off a waistband that is too thick, or catch it on something that pulls it away from your body, you can break the plastic. If this happens, then email info@digiwalker.com for your options.