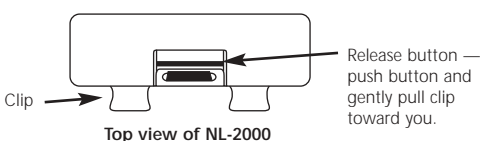


NL-2000 QUICK START

1

Open your activity monitor.

See p. 17



2

Understand three operating modes.

See p. 18

START-UP MODE

This mode prompts you to input data that will be used in NL-2000 calculations.

NOTE: Don't press any buttons yet!



REAL-TIME DISPLAY MODE

Shows current-day **STEPS**, **CALS** (calories burned through activity), and **TOTAL CALS** (activity calories + at-rest calories + thermic effect of food calories), as well as **GOAL** (percentage of activity calories goal achieved).



MEMORY MODE

This mode stores steps and activity calories for seven days.

See p. 23

When reviewing steps or calories in Memory mode, a single digit will flash, signifying which day is being displayed. 1 = yesterday, 2 = two days ago, 3 = three days ago, etc.

For example, if today is Monday, then "1" would be Sunday, "2" would be Saturday, "3" would be Friday, etc.

3

Understand CALS vs. TOTAL CALS.

See p. 18



CALS — Calories burned through **physical activity** for the current day; displays up to 99,999 activity calories

TOTAL CALS — Total calories expended for the current day — includes **activity calories, at-rest calories and thermic effect of food calories** displays up to 99,999 total calories

4

Press SET.

Press **SET** to enter Start-up mode.

See p. 19



5

Set Clock.

Enter time in military time. *Example: If the time is 2:22 p.m., your display should look like the one below.*

See p. 19



6

Set Gender.

The flashing "F" in the lower left corner means female.

See p. 20



7

Set Age.

Once your age is displayed, press **SET**. The NL-2000 advances to the Height setting.

See p. 20



8

Set Height.

See p. 20

Once your height is displayed, press **SET**. The NL-2000 advances to the Weight setting.



Use the + or - button to add or subtract inches as needed.

To change to a metric display, see page 12, #4.

9

Set Weight.

See p. 21

Once your weight is displayed, press **SET**. The NL-2000 advances to the CALS setting.



Use the + or - button to add or subtract pounds as needed.

10

Set Activity Calories.

See p. 21

Enter your goal for calories burned through physical activity. For example, if you want to expend 200 calories through physical activity, enter 200 here.

At first, you may want to leave this at 300 (the default), until you see how many calories you are burning each day through activity.

But later, once you have a baseline for your activity, you'll want to access the Start-up mode again and set a realistic, yet challenging, goal for yourself. Then you can use the GOAL feature to learn how close you are to achieving your goal.

Once your goal is displayed, press **SET**. The NL-2000 advances to the Basal Metabolic Rate display.



Set goal for activity calories. Use the + or - button to add or subtract in 10-calorie increments.

11

Understand the BMR display.

See p. 22

This display simply shows your basal metabolic rate — the number of calories your body burns while at rest. The NL-2000 calculates this based on your gender, age, height and weight.

Press **SET** when you are ready to move on. The NL-2000 advances to the STEPS display.



In this picture, the "b" on the left of the LCD panel stands for "BMR." This person's BMR is 1360 calories per day.

12

Press SET to advance to the Real-time Display mode and begin measuring your activity. Enjoy!

See p. 22

For best results, please refer to *How to Wear Your NL-2000*, pages 27 – 32.

GOOD THINGS TO KNOW...

How Do I Use the NL-2000 to Lose Weight?

People who lose weight at the rate of one to two pounds per week are the most successful at keeping off the weight. To lose one to two pounds per week, you need to burn 3,500 to 7,000 more calories per week than what you consume.

That means your **TOTAL CALS** (activity calories + at-rest calories + thermic effect of food calories) needs to be 500 to 1,000 calories more than the calories you consume each day.

Use the charts starting on page 41 in the *NL-2000 USER'S GUIDE & RECORD BOOK* to track the calories you've consumed and expended.

What Types of Activity Count?

When you wear your NL-2000 morning to night, you are measuring all physical movement you do throughout your day. That means everything you do throughout your day counts — housework, walking to and from your car, or playing with your kids!

To achieve better health, researchers have found you need to move your body the equivalent of 10,000 steps a day. To lose weight, you'll need to move the equivalent of 12,000 to 15,000 steps per day.

Most people find that to meet such a goal they must schedule into their day some sort of formal exercise. Don't forget this can include fun activities such as taking a walk, shopping or dancing!



For more information, be sure to read through the *NL-2000 USER'S GUIDE & RECORD BOOK* or check out our website: www.new-lifestyles.com