



NEW LIFESTYLES

NL-2000 ACTIVITY MONITOR

User's guide & record book

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CONTENTS

Welcome to Your New Lifestyle • 5

How Your Activity Monitor Relates
to Your New Lifestyle • 7

Beginning the Program • 8

A Few New Words About Weight Loss • 8

Simple Strategies for Extra Steps • 9

How Your NL-2000 Works • 10

How the NL-2000 Measures Activity • 10

How the NL-2000 Calculates Total Caloric
Expenditure • 11

Frequently Asked Questions • 12

First Things First: Using Your NL-2000 • 16

1. Open your activity monitor • 17

2. Understand the three basic operating modes • 18

3. Understand **CALS** vs. **TOTAL CALS** • 18

4. Press **SET** • 19

5. Set Clock • 19

6. Set Gender • 20

7. Set Age • 20

8. Set Height • 20

9. Set Weight • 21

10. Set Activity Calories • 21

11. Understand the BMR Display • 22

12. Press **SET** • 22

Using Memory Mode • 23

Steps • 24

Activity Calories • 25

Total Caloric Expenditure • 26

 Total...for a Specific Day • 26

How to Wear Your NL-2000 • 27

How to Wear Your Activity Monitor • 28

How NOT to Wear Your Activity Monitor • 30

The 20 Steps Test • 32

Battery Installation • 33

How to Install the Battery • 34

Warranty Information • 35

Limited Warranty • 35

Warranty Return Form • 36

***Setting Goals for Your
New Lifestyle • 37***

SMART Goals • 39

Sample SMART Goals • 40

Your Goals • 40

Record Energy Expended and Consumed • 41

WELCOME TO YOUR NEW LIFESTYLE

Nutrition. Exercise. Wellness. Many people don't realize the "NEW" in NEW-LIFESTYLES is an acronym for three elements critical to our company's mission to help our customers be the best they can be.

We believe in promoting health through the combination of physical activity and healthful eating practices.

While there really isn't anything NEW about this idea, we think our products help many people achieve this lifestyle — especially people who previously had not been able to transform an exercise plan and/or a trendy diet into a lifelong habit.

OUR
ADVICE
FOR
GOOD
HEALTH

Our recommendations are based on scientific research and good ol' common sense:

- **Exercise daily, just like you'd brush your teeth.** Exercise must become a habit done "just for you."
- **Don't smoke or use tobacco products and limit your alcohol consumption.**
- **Eat a healthy diet.** Aim for eating 10 servings a day of fresh fruits and vegetables; eat fewer fried and processed foods; and choose fish, poultry and lean cuts of meat for your protein sources.
- **Maintain a healthy weight.**
- **Be sure to get your vitamins.**
- **Get regular check-ups.**
- **Simplify your life.** Prioritize tasks that are enjoyable to you and eliminate unnecessary ones. Commit yourself to things that are important to you. Cultivate and nurture friendships and family relationships.
- **Be positive and enthusiastic.** You are as happy as you choose to be. A good attitude is contagious.

How Your Activity Monitor Relates to Your New Lifestyle

Even though the fitness industry makes millions of dollars a year selling gym memberships, expensive machines, books, videos and exercise equipment, structured exercise programs have proven to be only marginally effective. They work for a minority of people some of the time, but over the long haul, most people lose their dedication because exercise becomes something they *have* to do — not something fun they look forward to doing.

The good news is that researchers are finding people can achieve health benefits by exercising at a less intense level than previously thought. In other words, someone who is sedentary most of the day but who jogs over the lunch hour may expend as much cumulative energy as someone who is active periodically throughout the entire day.

Two recent studies published in the *Journal of the American Medical Association* have confirmed that this lifestyle approach can be as effective as a traditional exercise program. Many doctors and researchers have found that wearing an activity monitor is a great way to track your daily activity — and inspire you to move more on days you have been sedentary.

To achieve good health, strive to take 10,000 steps a day (the equivalent of walking roughly five miles). A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra Calories per week, which will result in achieving a vastly better health profile and longer lifespan.

GOOD THINGS TO KNOW

**10,000 Steps =
Approx. 5 miles**

**2,000 Steps =
Approx. 1 mile**

**1 mile =
Approx. 100
Calories**

So put your activity monitor on when you dress in the morning, and don't take it off until bedtime (unless, of course, you take a shower somewhere in between). Every step you take throughout your day counts!

Beginning the Program

Depending on your fitness level when you start, you may need to ease yourself into the 10,000 steps program. Steadily try to increase your steps until you reach — or exceed — this 10,000 steps goal. Your body will thank you for it!

If you are already participating in regular workouts, think of this lifestyle approach as a complement — not a replacement — to what you are doing already. Your 10,000 steps-a-day workout will give your body a boost beyond its baseline for good health — and it just helps you be more active!

A Few New Words About Weight Loss

Trying to keep off the weight you've lost? There's no better complement to a weight-loss plan than exercise.

The National Weight Control Registry maintains a database of people who have lost at least 30 pounds and kept off the weight for a year or more. Researchers have found that the people most successful in maintaining their new weight burned about 2,700 calories a week through exercise. Translate this to steps, and that means you should walk 15,000 to 18,000 steps a day — assuming, of course, your goal is weight maintenance.

For more information, visit
www.new-lifestyles.com.

Simple Strategies for Extra Steps

1. Park in the farthest space from the store or mall.
2. Walk, run and play actively with your children or grandchildren.
3. Walk — don't ride — at the golf course.
4. Mow your yard using a push mower, not a riding mower.
5. Walk to and from the store, post office or school.
6. Take a walking break instead of a coffee break.
7. Walk while you're talking on the cordless phone or mobile phone.
8. Take the stairs instead of the elevator.
9. When waiting, take a walk.
10. Take your dog for a walk every day.
11. Take a dance class — ballroom, clogging or jazz!
12. Walk with friends or family and socialize while walking.
13. Hide your remote and change channels the old-fashioned way.
14. Avoid drive-through windows. Get out of the car and walk in.
15. Put on upbeat music while you clean your house.

HOW YOUR NL-2000 WORKS

Your NL-2000 activity monitor is a very sophisticated piece of equipment. It measures vertical acceleration (up and down motion) and total caloric expenditure (the calories your body burns to keep functioning properly plus the calories you expend through exercise or activity).

How the NL-2000 Measures Activity

When positioned correctly on your hip, your NL-2000 activity monitor records a step each time your hip moves up and down. Your activity monitor also measures things you do throughout your day in addition to walking — 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. The movement can be in forms other than walking.

Be aware that the precision mechanism in the NL-2000 occasionally will deduct a step or two if the device determines your movement was not the equivalent of a step. (For more about this, see *Frequently Asked Questions*, page 14.)

Before using your NL-2000, you may need to experiment with the positioning of your activity monitor to ensure the device is correctly counting your steps. (See *How to Wear Your NL-2000*, page 27, and *The 20 Steps Test*, page 32.)

How the NL-2000 Calculates Total Caloric Expenditure

To better understand how the NL-2000 works, let's first explore an important key concept: **basal metabolic rate** (BMR). Your BMR tells you how many calories your body needs to function properly (about 60 to 70 percent of the calories your body burns a day). BMR differs for each person, depending on that person's gender, age, height and weight.

The NL-2000 calculates your BMR based on the data that you input during the start-up sequence. With this information plus the data it collects about the calories you burn through activity, the NL-2000 is able to calculate your **total caloric expenditure**.

$$\begin{aligned} \text{Total Caloric Expenditure} = \\ \text{At-rest (BMR) Calories} + \text{Activity Calories} + \\ \text{Thermic Effect of Food Calories} \end{aligned}$$

For details on using this data to complement a weight-loss or weight-maintenance program, see *Setting Goals for Your New Lifestyle*, page 37.

Frequently Asked Questions

1. Will my activity monitor work properly if it's in my pocket?

No. To work properly, your activity monitor should be worn on your belt or waistband.

2. Will my activity monitor work if I run?

Yes, it works for running.

3. How can I clear my steps or calories without removing the battery?

While in the Real-time Display mode, press and hold **SET** for more than three seconds to reset all data (including memory). This will clear all your **STEPS**, **CALS** (activity calories) and **TOTAL CALS** (activity calories + at-rest calories + thermic effect of food calories), as well as everything stored in memory.

4. Can I change to a metric display?

Yes, you can display your height in centimeters (instead of feet/inches) and your weight in kilograms (instead of pounds). To do so, press **SET** to access the Start-up mode. When the LCD panel displays height (in feet/inches), press and hold the **MEMORY** button for at least three seconds, until the display changes to metric measurement. *When you change the battery, the NL-2000 reverts to the inches/pounds mode.*

5. What's the difference between CALS and TOTAL CALS?

CALS stands for activity calories — those burned through movement and formal exercise. **TOTAL CALS** stands for total caloric expenditure — activity calories + at-rest (BMR) calories + thermic effect of food calories.

6. What's the thermic effect of food?

Simply stated, it is the energy required to digest food. The ingestion of food stimulates energy metabolism. This energy is required to digest, absorb and assimilate food nutrients.

7. How can I determine an appropriate CALS goal for myself?

In the Start-up mode, the NL-2000 prompts you to enter your **CALS** goal — the number of calories you want to burn through physical activity. Until you use the NL-2000 for a few days and have a baseline for your current activity calories, this may be difficult to gauge. Once you know your current activity level, slowly increase your goal and challenge yourself to burn more calories.

8. How do I know how far I've walked?

The NL-2000 tells you how many steps you've walked. To estimate distance (in miles), divide your steps by 2,000 (approximate number of steps in a mile). If you walk 10,000 steps a day, you'll walk about five miles ($10,000 \div 2,000 = 5$).

9. My NL-2000 deducted some steps! Why?

Your activity monitor contains a computer chip that measures the amplitude of your movement and determines whether it should count as a step. If your movement should not count, the NL-2000 quickly adjusts by deducting a step or two from your accumulated “score.” Don’t let this alarm or discourage you; it’s simply how the NL-2000 functions to ensure you get an accurate count.

10. My TOTAL CALS are increasing — but I’ve been sitting still. What’s wrong?

Actually, nothing is wrong! When you input certain data during the start-up sequence, the NL-2000 calculated your BMR — the calories your body burns just to keep functioning. The NL-2000 adjusts your **TOTAL CALS** as needed to reflect the continuous calories burned because of your basal metabolic rate (BMR).

11. How can I use the NL-2000 to help me lose weight?

The NL-2000 is a terrific complement to any weight-loss (or weight-maintenance) plan — as long as you understand the relationship between total caloric intake and total caloric expenditure.

Total caloric intake refers to all the calories you consume during a period of time. If you add up all the calories you eat during an entire day, you’ll have figured your total caloric intake for the day.

Total caloric expenditure refers to all the calories you burn over a period of time. It includes activity calories, at-rest (BMR) calories and thermic effect of food calories. When your total caloric intake is greater than total caloric expenditure, you gain weight. When your total caloric intake is less than total caloric expenditure, you lose weight. If your total caloric intake equals your total caloric expenditure, you maintain your weight.

12. How do I figure my total caloric intake?

It's tricky. The first step is to keep a good record of what you eat. Then, you must figure the calories for all food consumed. (If you don't already own our *CARBOHYDRATE, FAT & CALORIES GUIDE*, you can buy one at www.new-lifestyles.com or www.digiwalker.com.)

A common mistake when recording your caloric intake is to record your serving size incorrectly. Often people record they have eaten one serving of a food, when really they have eaten more.

Try to be accurate as you record your caloric intake. For example, if you eat a large bowl of ice cream, and learn that a serving size is only a 1/2 cup, make sure you record the correct number of calories for the amount you ate.

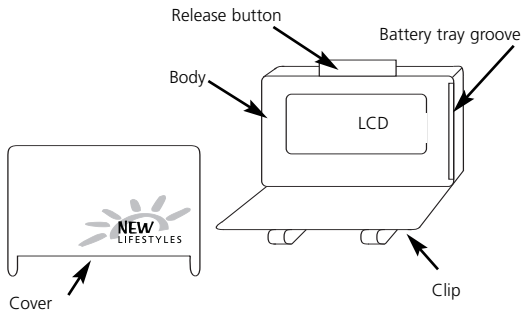
Federal law mandates that food be packaged with complete nutritional information. Use this packaging information to help you determine serving size and calories for prepared foods.



FIRST THINGS FIRST: USING YOUR NL-2000

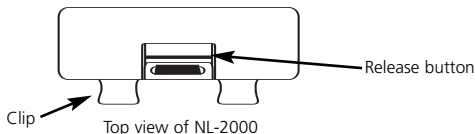
This section provides step-by-step instructions for programming your personal information into the NL-2000. It also teaches you about the NL-2000's features.

There are two pieces to your NL-2000: the cover and the body. The only reason you need to remove the cover is to install the battery and/or remove the battery paper (see sidebar at right).



1. Open your activity monitor.

1. Use one hand to hold the security strap, while the other hand holds the body of the NL-2000.
2. Push down on the release button (see below) with one finger, while gently pulling the security strap away from the body of the NL-2000.



TIP:

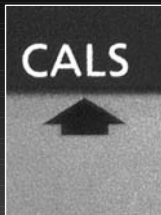
If your NL-2000 has a battery paper sticking out of the side, you'll need to remove it to start the battery.

To do this, follow these steps:

1. Slide off the cover (see page 34, #1 and #2).
2. Gently pull out the battery paper.

This will allow the battery to power the unit. You'll know it is working because the LCD panel will light up.

DID YOU KNOW?



The arrow at the top of the screen identifies the information you are looking at. In this case, the activity monitor would be displaying CALS (activity calories).

2. Understand the three basic operating modes:

- **Start-up Mode** — You access this mode only after installing the battery or when updating your age or weight. The information you enter here affects your at-rest (BMR) calories.
- **Real-time Display Mode** — This mode shows current-day **STEPS**, **CALS** and **TOTAL CALS** (activity calories + at-rest calories + thermic effect of food calories). Also shows the percentage of activity calories GOAL achieved.
- **Memory Mode** — Access this mode only when you want to see a total step count, your activity calories total for a specific day within the last week, or your activity calories total for the last seven days.

3. Understand CALS vs. TOTAL CALS.



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 + thermic effect of food calories**; displays up to 99,999 total calories

4. Press **SET**.

5. Set Clock.

The NL-2000 uses military time. If you're not familiar with military time, check out the Did You Know box at right. To set the clock, take these steps:



Example: If the time is 2:22 p.m., your display should look like the one above.

1. Press the **+** button until the flashing digit reflects the correct hour. (Remember, use 13 for 1 p.m., 14 for 2 p.m., etc.) Use the **-** button to back up, if needed.
2. Press **SET** to record your changes. Note: The NL-2000 advances to Minutes.
3. Press the **+** button until the flashing digits reflect the correct minutes. Use the **-** button to back up, if needed.
4. Press **SET** to record your changes. Note: The NL-2000 advances to the Gender setting.

DID YOU KNOW?

With military time, there is no a.m. or p.m. Instead, the day is divided into 24 hours, and numerals 0100 through 2400 are used to denote time.

To get you started:

- 0001 = 12:01 a.m.
- 0100 = 1 a.m.
- 0135 = 1:35 a.m.
- 0200 = 2 a.m.
- 0205 = 2:05 a.m.
- 1200 = Noon
- 1300 = 1 p.m.
- 1400 = 2 p.m.
- 2400 = Midnight

DID YOU KNOW?

If you enter a setting wrong and need to back up at any point, press **SET** to advance through the rest of the start-up sequence and start over. The NL-2000 will remember the values you have already entered.

6. Set Gender.

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

If you are female, press **SET**.



If you are male, press the **+** button to change the display to "M".

Then press **SET**. The NL-2000 advances to the Age setting.

7. Set Age.

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



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

8. Set Height.

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.

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.

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.

DID YOU KNOW?

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** needs to be 500 to 1,000 Calories more than what you consume each day.

DID YOU KNOW?

Your basal metabolic rate tells you how many calories your body needs to function properly (60 to 70 percent of the calories your body burns a day).

11. Understand the BMR Display.

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!



USING MEMORY MODE

The NL-2000 stores seven days of steps and activity calories. This feature is nice for those who want to compare current activity levels (or calories) to what was accomplished earlier in the week.

To access this mode, press the **MEMORY** button.

DID YOU KNOW?

When in Memory mode, the display continues to flash until one of the following happens:

- You press **MEMORY** to advance to the next day in memory. (You must go all the way through the **MEMORY** sequence before returning to Real-time Display.)
- You don't push any buttons. After one full minute of being left alone, the NL-2000 will return to the Real-time Display mode.

Steps

When your indicator arrow is on **STEPS**, your display shows two pieces of alternating, flashing data: the day and the number of steps accumulated for that day.



A single digit will flash, signifying which day is being displayed. 1 = yesterday, 2 = two days ago, 3 = three days ago, etc.

The next flashing number is the total number of steps accumulated on that day. Press **MEMORY** to advance to the next day.

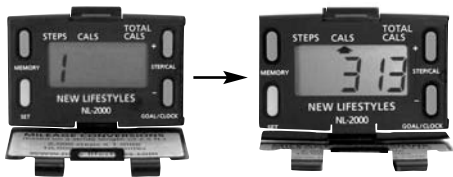
For example, if today is Monday, then "1" would be Sunday, "2" would be Saturday, "3" would be Friday, etc.



After the display shows Days 1 through 7, the display changes to **ALL** and flashes your total steps for the week.

Activity Calories

When your indicator arrow is on **CALS**, you'll see two pieces of alternating, flashing data: the day and the activity calories accumulated for that day.



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.

The next flashing number is the activity calories accumulated on that day. Press **MEMORY** to advance to the next day.



After the display shows Days 1 through 7, the display changes to ALL and flashes your total activity calories for the week.

TIP:

The activity monitor can display only 99,999 steps or calories. If you ever accumulate more than this number in a week, the unit will flash two numbers after ALL, to signify your actual number of steps or calories.

For example, if you accumulated 120,000 steps over the week, your display would flash ALL, then 1, then 20,000.

DID YOU KNOW?

It's easy to find your BMR! Just press SET to access the Start-up mode. Continue pressing SET until the display looks similar to the one on page 22. Use the number on your NL-2000 BMR display for your at-rest calories.

Total Caloric Expenditure

The NL-2000 doesn't store total caloric expenditure — except for the current day. If you don't record this each day on pages 41– 44, use simple arithmetic and the Memory mode to obtain this data. Note: If you don't use the clock on your NL-2000, then you might consider “fooling” it so that it resets at 21:00 (9:00pm) instead of midnight. Then you can record your total caloric expenditure before you go to bed.

Total Caloric Expenditure for a Specific Day:

1. Find your BMR calories. (For help, see tip at left.)
2. Find your activity calories for the day you need.
3. Calculate your thermic effect of food. It's about 10% of the total number of calories that you consume, so it varies with your total food intake.
4. Add the three numbers to find your total caloric expenditure for that day.

Example: Mary's BMR is 1545. Last Monday, she burned 320 activity calories. Her total caloric intake that day was 1500. Therefore, her thermic effect of food calculation was 150 calories. Her total caloric expenditure for that day was 2015.


You might notice that the total caloric expenditure that you calculate using the method above is slightly less than what the NL-2000 calculates. There are a couple of reasons for this: 1) the NL-2000 accounts for some minute motions, and 2) since the NL-2000 doesn't know what you eat each day, it uses a different formula to determine the thermic effect of food.

HOW TO WEAR YOUR NL-2000

For accurate and reliable readings, you must wear your activity monitor correctly. This section points out ways you should and should not wear your activity monitor.

It's essential that you take a few minutes at first to experiment with its position on your body so you'll have accurate results.

How to Wear Your Activity Monitor

| Situation | Instructions |
|---|--|
| <p><i>Wearing a belt or clothing with a waistband</i></p> | <p>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.</p> |
|  | <p><i>Note: The activity monitor clip should be against your body. When you open the door, the screen should face you.</i></p> |
| | <p>2. Attach the security strap's bulldog clip onto a belt loop, waistband or belt — or to a bunched-up piece of nearby material.</p> |
| | <p><i>Note: The security strap serves as a safety net for your activity monitor.</i></p> |
| | <p>3. Take the 20 Steps Test (see page 32) to make sure you've placed your activity monitor correctly.</p> |

| Situation | Instructions |
|--|--|
| <i>Wearing a dress without a sturdy belt or waistband</i> | <ol style="list-style-type: none"><li data-bbox="319 162 687 317">1. With the NEW-LIFESTYLES decal facing in toward your body, slide the clip onto the waistband of your underwear. <i>Note: The activity monitor clip should face out. (When you open the door of the activity monitor, the door opens toward your body and the screen will not face you.)</i><li data-bbox="319 610 687 700">2. Attach the security strap's bulldog clip onto the waistband of your underwear. |

TIP:



Do **NOT** carry your activity monitor in your pocket. If it has room to move in the pocket, it's not likely to remain upright, which could affect the accuracy of your step count.

How NOT to Wear Your Activity Monitor

This chart outlines some common mistakes people make when wearing their activity monitors. When worn improperly, the activity monitor cannot accurately count your steps.

| INCORRECT | CORRECT |
|---|--|
|  <p data-bbox="347 624 616 752">DON'T attach your activity monitor by the security strap alone.</p> |  <p data-bbox="663 624 916 786">DO attach it to a belt, waistband or a horizontal pocket on your pants or jeans.</p> |
|  <p data-bbox="347 1135 595 1202">DON'T wear it near your belly button.</p> |  <p data-bbox="663 1135 885 1202">DO wear it closer to your hip.</p> |

INCORRECT



DON'T wear it where your tummy can push it out of place.

CORRECT



DO wear it closer to your side, where your tummy won't interfere.



DON'T wear your activity monitor on a slanted pocket.



DO wear it on your waistband, a belt or a horizontal pocket (shown above).

The 20 Steps Test

Follow this procedure to test the placement of the activity monitor on your body. *NOTE: This procedure will reset all information in your monitor except what you entered in the Start-up mode.*

1. Press and hold **SET** for more than three seconds to reset your steps.
2. Walk 20 steps.
3. Check the number of steps registered.
4. If it hasn't registered 19 to 21 steps, move the activity monitor to a different spot on your waistband and repeat until you find the most accurate position for your body.

Factors That Can Affect Your Test

- **Protruding Tummy** — Your tummy can push your activity monitor out of position.
- **Walking Too Slowly** — You may affect your results if you walk slower than two miles per hour.
- **Walking on Thick Carpet or Scuffing Feet** — A certain gravitational force is required for the activity monitor to register a step.
- **Wearing Unit on a Flimsy Waistband** — In some cases, the waistband will roll and flip your activity monitor forward or upside-down.

BATTERY INSTALLATION

Your NL-2000 activity monitor uses one, 3-volt CR2016 battery. Your product shipped with one battery, which should last about 10 months, depending on how much you use it.

When the battery runs low, a battery icon like the one below will appear at the top right of your LCD panel, between **CALS** and **TOTAL CALS**.



Follow the steps on the next page to install or replace your battery.

NOTE: If you won't be using your NL-2000 for a period of time, remove the battery to prevent any chance of corrosion and to spare the energy in your battery.



How to Install the Battery

To install the battery, take these steps:



1. Hold the activity monitor as illustrated in photo #1 at left. (Make sure your index fingers are resting on the clip, not the top of the cover you're about to slide off.)
2. Apply pressure to your thumbs, pushing the cover off the NL-2000. (This is illustrated in photo #2 at left.) Set the cover aside for now.
3. Open the activity monitor.
4. Insert your right thumbnail into the groove along the right side of the device, as shown in photo #4 at left. (If you can't find the groove, see the illustration on page 17.)
5. Pull out the battery tray with your right fingers. (You may have to jiggle this a bit, or twist your fingernail slightly to get the tray open.)
6. Set the battery inside the tray, with the + sign facing upright, as illustrated in photo #6 at left.
7. Carefully slide the tray back into the NL-2000, as illustrated in photo #7 at left. Push until you hear the tray click into place. Slide the cover back on.

Note: The LCD panel will display all characters for a few seconds, and then revert to 0:00, with the first '0' flashing. The NL-2000 is now in Start-up mode. You'll need to re-enter the Start-up data (see First Things First, starting with page 19, #5).

WARRANTY INFORMATION

Limited Warranty

Your NEW-LIFESTYLES NL-2000 activity monitor is warranted to the original purchaser or recipient against manufacturer's defects in materials and workmanship under normal use and conditions, as determined by NEW-LIFESTYLES, for one year from the date of purchase. During the warranty period, NEW-LIFESTYLES will repair or replace your defective activity monitor, or return your money — we choose the most appropriate solution for your situation.

This warranty does **not** apply to **batteries, LCD panels** or damage incurred through misuse, abuse, mishandling, negligence, accident, tampering, unauthorized repair or use in violation of the operating instructions. A few specific examples of things **not** covered by this warranty are breaking the case, breaking the clip, breaking the liquid crystal display, or

TIP:

If you're not sure whether an item is covered under warranty, email help@new-lifestyles.com before returning anything.

NEW-LIFESTYLES will not replace units with damage not covered by the warranty, such as breaking the case, clip or LCD, or exposing the activity monitor to water.

exposing the activity monitor to water. Be careful not to get the unit wet, break the clip or drop your NL-2000. **Units with this type of damage will not be replaced.**

To return a defective product under warranty, send it — along with the requested supporting documentation (see below) — to NEW-LIFESTYLES, INC.; 5201 NE Maybrook Rd.; Lee's Summit, MO 64064. We must receive your activity monitor as well as all supporting documentation within the warranty period.

Warranty Return Form

In the event that you discover a warranted defect, place the following in a crush-resistant mailer: 1) the activity monitor, 2) this form, 3) your dated sales receipt and 4) **\$8.00 if in the U.S. or \$15.00 if in Canada or Mexico** (for return shipping and handling) in the form of a check or money order in U.S. funds made payable to: NEW-LIFESTYLES, INC.

Name _____

Address _____

City _____ State _____ ZIP _____

Phone number (____) _____

E-mail _____

Where purchased _____

Purchase price _____

Problem with product _____

Check # _____ Amount Enclosed: \$ _____

SETTING GOALS FOR YOUR NEW LIFESTYLE

NEW-LIFESTYLES wants you to be the best you can be. If you've purchased the NEW-LIFESTYLES NL-2000 activity monitor to help you improve your overall health — hooray! But many of you have sought out this product while pursuing a more specific health-related goal, such as:

- Lose weight
- Lower blood pressure
- Decrease stress
- Lower cholesterol
- Fight off osteoporosis



A Note About Strength Training for Women

When making weight-loss goals, remember to include strength training in your schedule two to three times per week. Many women shy away from strength training because they don't want to "bulk" up. However, for most women, this isn't an issue.

The benefits of weight training are hard to ignore: Stronger muscles burn more calories than weaker ones. Therefore, people who do strength training can eat more without gaining weight.

With the right strength training program, you'll build muscle strength and endurance. Your muscles will be more defined (thus less flabby!), and you will not get tired as quickly when exercising.

Increasing muscle mass also increases bone mineral density, which is important in preventing osteoporosis.

Because the NL-2000 takes into consideration your basal metabolic rate (BMR) in addition to calories burned through exercise, it is a great weight loss tool. Use its activity calories goal feature daily to help motivate you to achieve your goals.

Regardless of your goal, take the time to capture it on paper. People who write down their goals are more likely to achieve what they want.

When defining your goals, follow the road map of SMART goals:

S Specific: Specific goals stand a better chance of being accomplished. A goal of “walking more while at work” is troublesome because it’s hard to know what you’re working for. “Walking 4,000 steps while at work” is much more specific.

M Measurable: Establish criteria to help you evaluate progress toward goal achievement. One way to make a goal measurable is to ask how you’ll know when it’s accomplished. “I want to walk more” isn’t easy to measure, but “doubling my daily steps” could be measurable.

A Action-Oriented: This is the “how” of your goal — your road map to attaining your goal. If your goal is to “develop healthy eating habits,” make it action-oriented by developing subgoals such as “carrying an apple at all times for a snack” or “eating two vegetables per meal” — both of which contribute to healthful eating habits.

R Realistic: Set goals that are challenging — yet possible! If a goal is always out of reach, you may get discouraged and quit progressing. Be realistic and you’re more apt to succeed.

A very sedentary person who normally takes 1,000 steps a day might set an initial goal of 3,000 daily steps. After achieving that, she could bump her new goal to 5,000 steps... then 7,000 and finally 10,000!

T Time-Stamped: Establish a deadline for goal completion. Be realistic so you don’t set yourself up for failure. “Being able to walk a 15- or 20-minute mile by month-end” has a deadline attached and gives you something to strive for.

TIP:

Share your goals with people who will be supportive of your efforts — and then celebrate your accomplishments together!

TIP:

Review your goals frequently. You may find you achieve your goals a lot faster than you thought and that you need to create new ones!

Sample SMART Goals

Here are a few examples of SMART goals you can model your own goals after:

- "I want to lose 10 pounds by the end of June by walking and increasing my daily physical activity. I will burn at least 3,500 activity calories per week through walking and strength training. I will also eat five servings of fruits and vegetables each day between now and June."
- "To lose a pound a week, I want to increase my daily total caloric expenditure from 1,500 to 2,000, while maintaining my current caloric intake. I will walk to and from lunch instead of driving over the next month. I will also use the stairs instead of the elevator whenever stairs are an option. If I have not burned at least 2,000 calories by the time I get home each evening, I will take my dog for a walk around the neighborhood until I hit my goal."

Your Goals

Use this space to write out your goals. Be sure to date your goals. (This is helpful when you revisit your goals later!)

Record Energy Expended and Consumed

Here's a place to record your daily steps and caloric expenditure, as well as your daily caloric intake. We encourage you to record your daily totals to help you measure your progress toward your goals. It also can be very motivational to look back over your progress and see where you started!

NEW-LIFESTYLES sells a *CARBOHYDRATE, FAT & CALORIE GUIDE* that can be helpful when determining how many calories you are consuming. See our website at www.new-lifestyles.com or www.digiwalker.com to purchase this guide.

Once you fill up these pages, consider purchasing our *FITNESS & NUTRITION PLANNER* to track your physical activity (including strength training) and caloric intake.

TIP:

Remember:
TOTAL CALS =
 activity calories
 + at-rest (BMR)
 calories + ther-
 mic effect of
 food calories.

| | | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|--------------------------|-------------------|------|-------|------|--------|------|------|------|
| ENERGY EXPENDED | STEPS | | | | | | | |
| | TOTAL CALS | | | | | | | |
| CALORIES CONSUMED | BKFAST | | | | | | | |
| | LUNCH | | | | | | | |
| | DINNER | | | | | | | |
| | SNACK(S) | | | | | | | |
| | TOTAL | | | | | | | |

SETTING GOALS FOR YOUR NEW LIFESTYLE

| | | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|--------------------------|-------------------|------|-------|------|--------|------|------|------|
| ENERGY EXPENDED | STEPS | | | | | | | |
| | TOTAL CALS | | | | | | | |
| CALORIES CONSUMED | BKFAST | | | | | | | |
| | LUNCH | | | | | | | |
| | DINNER | | | | | | | |
| | SNACK(S) | | | | | | | |
| | TOTAL | | | | | | | |

| | | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
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| ENERGY EXPENDED | STEPS | | | | | | | |
| | TOTAL CALS | | | | | | | |
| CALORIES CONSUMED | BKFAST | | | | | | | |
| | LUNCH | | | | | | | |
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| ENERGY EXPENDED | STEPS | | | | | | | |
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| CALORIES CONSUMED | BKFAST | | | | | | | |
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| ENERGY EXPENDED | STEPS | | | | | | | |
| | TOTAL CALS | | | | | | | |
| CALORIES CONSUMED | BKFAST | | | | | | | |
| | LUNCH | | | | | | | |
| | DINNER | | | | | | | |
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| | TOTAL | | | | | | | |

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|--------------------------|-------------------|------|-------|------|--------|------|------|------|
| ENERGY EXPENDED | STEPS | | | | | | | |
| | TOTAL CALS | | | | | | | |
| CALORIES CONSUMED | BKFAST | | | | | | | |
| | LUNCH | | | | | | | |
| | DINNER | | | | | | | |
| | SNACK(S) | | | | | | | |
| | TOTAL | | | | | | | |

| | | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. | Sun. |
|--------------------------|-------------------|------|-------|------|--------|------|------|------|
| ENERGY EXPENDED | STEPS | | | | | | | |
| | TOTAL CALS | | | | | | | |
| CALORIES CONSUMED | BKFAST | | | | | | | |
| | LUNCH | | | | | | | |
| | DINNER | | | | | | | |
| | SNACK(S) | | | | | | | |
| | TOTAL | | | | | | | |