

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

- 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:

- Remove the battery.
- Let the unit dry out for at least 24 hours.
- Replace battery.

2. Display is stuck on one number

There are a few things to try in this situation:

- 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.

- Remove the battery. Note: Removing the battery will clear all your settings.

- 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:

- Obtain a LR-44 battery (try discount, office supply or watch/camera stores).
- Open the back of the pedometer:
 - Place a coin in the slot on the bottom of the pedometer.
 - Turn the coin and snap the cover open.

The 20 Steps Test

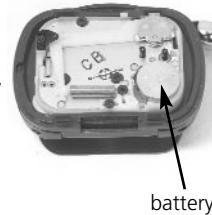
Take this simple test to find out whether you've found a good placement on your body for your pedometer:

- Wearing your pedometer as explained previously, press RESET.
- Walk 20 steps.
- Without taking the pedometer off, open the door and check the number of steps it registered.
- 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.

- 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.



- 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.

USING YOUR NEW LIFESTYLES 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 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.

Inside your pedometer is a mechanism that includes a suspended arm (similar to a pendulum on a clock). 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 on an upright, vertical plane. If your pedometer tilts much, the arm will not move properly and the pedometer will not register steps correctly.

You may need to experiment with the positioning of your pedometer to ensure the arm is in an upright position and that 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. Note: Only the 401, 651 and 701 models measure distance.

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

A pedometer multiplies the number of steps you take by the stride length you enter and then divides that number by 5280 (the number of feet in a mile). Therefore, if you want your distance measurement to be accurate, it is important to enter an accurate stride length. (Note: This applies only to the 401, 651 and 701 models.)

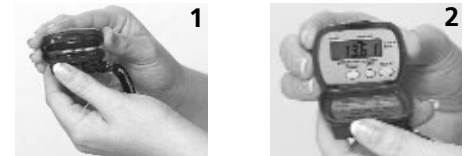
5. I don't think my pedometer is working properly. What should I do?

Refer to the Troubleshooting suggestions on the last page 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 in your hand upright, 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 (an option available only on certain models), push the RESET button.

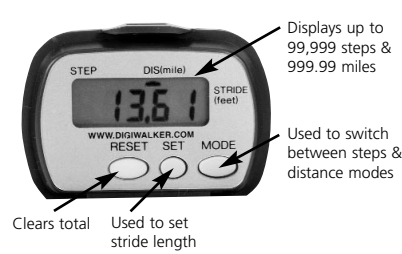
Unless you are measuring a cumulative weekly total, you should clear your total each night when you take off your pedometer.

Understanding the Display

SW-200: Steps Only

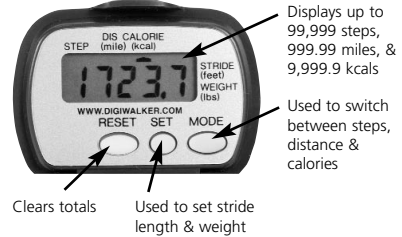
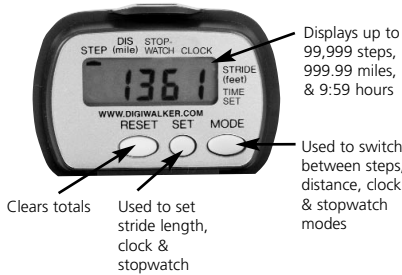


SW-401: Steps & Distance



SW-651: Steps, Distance, Stopwatch & Clock

SW-701: Steps, Distance & Calories



How to Determine Your Stride Length

(Models 401, 651 and 701)

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 your stride length. 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.)

There are several methods of doing this:

1. Lap-Around-Track Method

This is the most accurate method, but it's not as convenient.

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).

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. Convert from meters to feet, if necessary.

Note: A 400-meter track is 1312 feet. A 200-meter track is 656 feet.

5. Divide the length of the track (in feet) by the number of steps you took.
6. Round to the nearest .25 increment. The answer is your stride length.

Example: Terry took 520 steps around a 400-meter track. The track equals 1312 feet.

$$1312 \text{ feet} \div 520 \text{ steps} = 2.52$$

$$\text{Terry's stride length} = 2.5$$

2. The 10-Steps Method

This method yields quick, 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 feet).
6. Divide the number of feet you traveled by 10 (the number of steps you took).
7. Round to the nearest .25 increment. The answer is your stride length.

3. Approximating

This method is the easiest, but least accurate:

Females

1. Multiply .413 by your height in inches.
2. Divide by 12.
3. Round to the nearest .25 increment. The result is an estimate of your step (stride) length.

Males

1. Multiply .415 by your height in inches.
2. Divide by 12.
3. Round to the nearest .25 increment. The result is an estimate of your step (stride) length.

How to Set Your Stride Length

(Models 401, 651 and 701)

1. Calculate your stride length.
2. Press MODE until the cursor at the top of the screen points to DIS (mile).
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 Clock (Model 651)

1. Press MODE until the cursor points to CLOCK.
2. Press and hold SET. The hour digit will blink.
3. Press RESET to change the hour digit.
4. When you have the correct hour, press SET. The minutes digits will blink.
5. Press RESET to change the minutes digits.
6. When you have the correct minutes, press SET.

How to Work Your Stopwatch

(Model 651)

1. Press MODE until cursor points to STOPWATCH.
2. To start stopwatch, press SET.
3. To stop stopwatch, press SET again.
4. To clear the stopwatch, press RESET.

How to Set Your Weight

(Model 701)

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 70 to 300 pounds.*

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**.