BEFORE YOU BEGIN

Before using your Freestyle® digital pedometer, it is necessary to program the unit with your stride length, i.e., the number of steps per mile. This will provide an accurate measurement of the distance you walk and will help ensure the accuracy of the calorie and distance calculations. The first step is to measure your stride. A quick and easy way to do this is to:

1. Walk a distance of approximately 100 feet.
2. Use your Freestyle® digital pedometer to count the number of steps you take to cover the distance.
3. Divide the number of steps by 100 to determine your average step length in inches.

Example: If you counted 120 steps to walk 100 feet, your average step length would be 120 steps / 100 feet = 1.2 inches per step. To convert inches to feet, divide by 12. Therefore, 1.2 inches per step is equivalent to 0.1 feet per step.

MEASURING YOUR STRIDE LENGTH:

1. Walk or run on a hard, flat surface.
2. Count the number of steps you take to cover a distance of 100 feet.
3. Divide the number of steps by 100 to determine your step length in feet.

Example: If you counted 100 steps to walk 100 feet, your step length would be 100 steps / 100 feet = 1.0 feet per step.

USING YOUR FREESTYLE® DIGITAL PEDOMETER

After measuring your stride length and weight, you will be ready to program your Freestyle® digital pedometer.

POSITIONING YOUR DIGITAL PEDOMETER:

1. Use the clip on the back of your pedometer to secure it to your belt, or the top of your shorts or pants.
2. When measuring distances, it is important to position the unit as close to your hip area as possible. This will help ensure accurate distance calculations.
3. To ensure proper function and accuracy, make sure that the unit is parallel to the ground, as this will aid in proper function, and allow for easy visual access to the display. See drawing below:

Correct Incorrect

MEASURING YOUR WEIGHT:

Using a bathroom scale, determine your weight in pounds or kilograms. Be sure to remove your shoes and excess clothing.

USING THE PULSE METER:

After measuring your weight and stride length, you will be ready to program your Freestyle® digital pedometer.

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