

OMRON®

INSTRUCTION MANUAL

GOsmart

**Pocket Pedometer with
ACTIVITY TRACKER**

Model HJ-203



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Manual For Omron Pedometer

Caitlyn A. Elliott



Manual For Omron Pedometer:

Journal of Rehabilitation Research and Development ,2010 **Journal of Rehabilitation Research & Development**
,2010 **Issues in Disability, Rehabilitation, Wound Treatment, and Disease Management: 2011 Edition**
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JCPenney [catalog]. ,1998 Japan Kaito Shimizu,Shouta Ishii,2008 This book elaborates leading edge economic
political and social issues about Japan Japan has the world s tenth largest population with about 128 million people The
Greater Tokyo Area which includes the capital city of Tokyo and several surrounding prefectures is the largest metropolitan
area in the world with over 30 million residents A major economic power Japan has the world s second largest economy by
nominal GDP It is a member of the United Nations G8 G4 and APEC with the world s fifth largest defence budget It is also the
world s fourth largest exporter and sixth largest importer and a world leader in technology and machinery Accuracy of
the Omron HJ-720ITC Pedometer in Free-living Individuals Nathan Andrew Silcott,2009 The primary purpose of this
investigation was to examine the accuracy of the Omron HJ 720ITC piezo electric pedometer in a free living environment
over a 24 hr period across 3 different BMI categories A secondary purpose was to compare the accuracy the Omron HJ
720ITC to that of a spring levered pedometer Yamax SW 200 62 adult volunteers were placed in 3 BMI categories Normal
weight N 19 Overweight N 23 or Obese N 23 Subjects wore five devices over a 24 hr period except when bathing or sleeping
The criterion pedometer StepWatch 3 was worn on the lateral side of the right ankle The Omron HJ 720ITC was worn in the
mid line of the right thigh in the right pants pocket and on a lanyard around the neck A comparison pedometer Yamax SW
200 was worn on the belt in mid line of the left thigh The Omron HJ 720ITC significantly underestimated steps taken per day
in all three BMI categories compared to the criterion measure P Assessing the Accuracy of Common Methods Used in
Measuring Physical Activity with Pedometers Caitlyn A. Elliott,2013 Monitoring physical activity has been a dominant topic of
research for many years Being physically active has been shown to decrease health related issues including obesity

cardiovascular disease and even premature death Multiple researchers have studied monitoring physical activity but the actual method of measuring physical activity in a free living condition has not gotten much attention The purpose of this study was to examine the accuracy of pedometers when employing the common instructions of pedometer wearing time This study focused on three questions a What percent of time would participants wear pedometers following the popular method of wearing pedometers during participant s awake time b Were missing data affected by certain individual characteristics c What were the effects on compliance when using a physical activity log Method The study at hand was a blind study the participants were not privy to the specific research questions to avoid potential reactivity 17 individuals 6 males 11 females from the Pacific Northwest were recruited and then randomly selected into either the experimental or the control group Participants were equipped with one Actical accelerometer on their wrist They were also given a belt with one Actical accelerometer and one Omron 720 ITC pedometer The experimental group received a pedometer log to measure wear time the control group did not Participants wore these devices for seven days to monitor physical activity and missed wearing time Missed wearing time was determined by comparing counts on both accelerometers Results Participants missed a mean amount of 111 76 minutes per day Participants wore their pedometers for a mean of 14 26 hours per day BMI gender group and levels of physical activity were examined for potential effects on missing data A multiple regression indicated a significant negative relationship between level of physical activity and missing data $\beta = 0.61$ $p = 0.01$ Although Pedometer logs have the potential to decrease missed physical activity measurement by a pedometer a one way ANOVA showed there were no statistical differences between the control and experimental group $F = 1.15$ $p = 0.186$ $p = 0.05$ People who are more physically active have the potential to be more compliant about wearing his or her pedometer

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