

"CLICKS" OR STEPS EQUIVALENTS PER MINUTE FOR ACTIVITIES

| | | | |
|--|-----|--|-----|
| Bowling | 55 | Cross country snow skiing, leisurely | 155 |
| Cycling, 5 mph | 55 | Gardening (heavy) | 155 |
| Dancing (slow) | 55 | Hiking, no load | 155 |
| Shopping for groceries | 60 | Stair climber machine | 160 |
| Walking, 2 mph (30 min./mile) | 60 | Tennis (singles) | 160 |
| Canoeing, 2.5 mph | 70 | Water skiing | 160 |
| Golfing (with a cart) | 70 | Ice Skating (competitive) | 170 |
| Volleyball (leisurely) | 70 | Dancing (fast) | 175 |
| Rowing (leisurely) | 75 | Backpacking with 10 lb. load | 180 |
| Vacuuuming | 75 | Hiking with a 10 lb. load | 180 |
| Washing the car | 75 | Rowing machine | 180 |
| Window cleaning | 75 | Jogging, 5 mph (12 min./mile) | 185 |
| Painting | 80 | Judo (competitive) | 185 |
| Walking, 3 mph (20 min./mile) | 80 | Aerobics (intense) | 190 |
| Mopping | 85 | Scuba diving | 190 |
| Gardening, moderate | 90 | Weight training (60 sec. between sets) | 190 |
| Housework | 90 | Snow shoveling | 195 |
| Ping Pong | 90 | Soccer (competitive) | 195 |
| Ice Skating (leisurely) | 95 | Cycling, 15 mph (5 minutes/mile) | 200 |
| Dancing (non-contact) | 100 | Elliptical Jogger (medium) | 200 |
| Golfing (walking, w/o cart) | 100 | Racquetball | 205 |
| Walking, 4 mph (15 min./mile) | 100 | Squash | 205 |
| Waxing the car | 100 | Cross country snow skiing, moderate | 220 |
| Tennis (doubles) | 110 | Basketball (game) | 220 |
| Aerobic dancing (low impact) | 115 | Swimming (50 yards/minute) | 225 |
| Swimming (25 yards/minute) | 120 | Handball | 230 |
| Volleyball (game) | 120 | Jogging, 6 mph (10 min./mile) | 230 |
| Bicycling, 10 mph (6 minutes/mile) | 125 | Backpacking with 30 lb. load | 235 |
| Weight training (90 sec. between sets) | 125 | Hiking with a 30 lb. load | 235 |
| Basketball (leisurely, non-game) | 130 | Weight training (40 sec. between sets) | 255 |
| Snow skiing, downhill | 130 | Elliptical Jogger (fast) | 270 |
| Mowing | 135 | Skipping rope | 285 |
| Scrubbing the floor | 140 | Swimming (75 yards/min.) | 290 |
| Stair climbing | 140 | Running, 08 mph (7.5 min./mile) | 305 |
| Aerobics step training, 4" step (beginner) | 145 | Cross country snow skiing, intense | 330 |
| Badminton | 150 | Running, 10 mph (6 min./mile) | 350 |
| Roller Skating (moderate) | 150 | | |

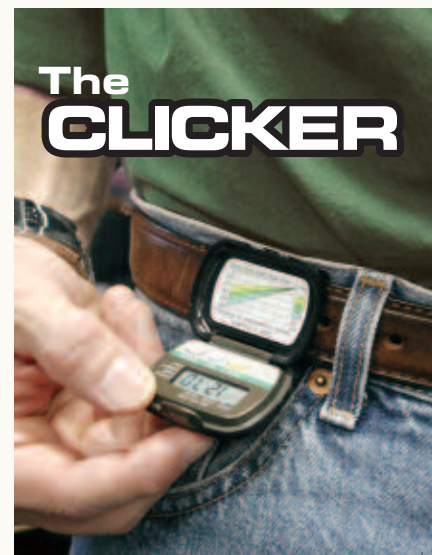
Complete the table below to personalize the unit to your particular goal weight and stride length. Stride length does not affect steps counted.

- _____ Enter your goal weight.
- _____ Enter the length of a measured distance in feet. (Ideally 100 feet)
- _____ Enter number of steps it takes you to walk this distance at a casual pace.
- _____ Enter your stride length. Divide #2 by #3. (Divide distance by steps taken)
Or: use average for men = 2.50 feet; and women average 2.25 feet.
- _____ Calories burned per mile. Multiply #1 (goal weight) by 0.67.
- _____ Clicks to walk one mile. Divide 5,280 by #4. (5,280 by stride length)
- _____ Click's to burn 1 calorie. Divide #6 by #5. (Clicks/mile by calories/mile)
- _____ Avg. daily clicks needed to live at your goal weight. Multiply #6 by 4.5.

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SW-200



INSTRUCTIONS FOR USING THE CLICKER

This activity monitor or “clicker” as we call it, is the most accurate and reliable of many units that have been tested by universities and independent research organizations. It automatically records every step you take; referred to as “clicks.”

HOW TO WEAR THE CLICKER:

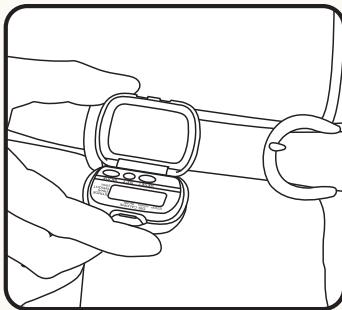
We recommend you put on the clicker when you first get up in the morning and wear it all day long. At the end of the day, record the number of clicks you accumulated and press the yellow reset button, which will set clicks back to “0”.

Attach it to your belt or waistband midway between your side and middle. Take care attaching and removing to prevent the clip from wearing out and breaking. **Do not wear on thick belts.** Some people have found they can wear it on their underclothes throughout the day as long as it fits snugly against their body. Most commonly, the unit will be attached to your belt, slacks, skirt or warm-ups approximately in line with the seam on your slacks or the center of your knee cap and parallel to the ground as shown in the diagram.

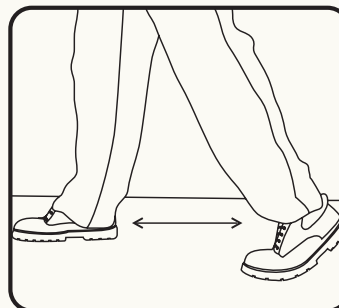
It will not give you accurate readings if it is tilted to one side or the other. Women may also be able to wear it on the center of their brassiere as long as it registers the correct number when compared to the actual number of steps taken. Where you should wear it will be dictated by where it works best. Try out different positions along the waist, counting the number of steps you take and comparing that number of steps to what the

clicker actually reads. Remember put it on first and reset it just before you start walking. Walk and count your steps. Then open it up (with it still on your waist) and see if it registered close to the actual count. If you want closer readings, see the website or call us.

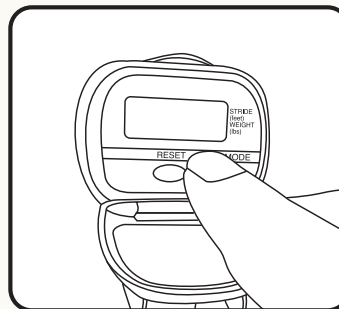
Checking your clicker periodically throughout the day will give you a constant stream of feedback on how you are doing relative to living at goal weight. When you cannot wear it or are doing an activity that will not register on the unit, refer to the chart on the back page. Then simply multiply the number of minutes in which you engaged in the activity times the equivalent clicks per minute as indicated on the chart. If an activity is not on the list, you can get close enough by finding the one(s) most similar to it on the table and estimating its value.



Position on belt or waistband.



Measure your stride length and enter on #4 on opposite page.



Record your steps each night, then reset your pedometer to “0.”

REPLACING THE BATTERY:

With the pedometer closed, insert a coin into the 1/2 inch slot on the bottom and twist to open. Replace with an LR-44 photo battery. The battery

life is approximately two years. Before replacing, remove the battery, slightly bend up the two prongs it sits on and bend inward the “C” shaped contact that touches the side. Re-install the battery to see if it now works, otherwise replace it. Snap the cover back into place bottom first.

HELPFUL HINTS:

Place your address label and phone # inside the cover in case you lose it. If the clicker gets wet, open it up, remove and dry the battery and blow-dry the inside mechanism. Replace it and snap the cover back on. Re-enter the stride length and scale weight on some models.

Periodically check the hinge pins and push them in with a small paperclip end if they are starting to work loose. If the numbers freeze up and no longer count, hold down the buttons simultaneously for 6 seconds and release. You will need to re-enter stride and weight.

Do not wear on too thick a belt. Take care when attaching and removing the unit so as to not break the clip.

We have available **security straps** that loop through the clip and attach to your waistband or belt with a strong metal spring clip to avoid losing, in the case the pedometer gets knocked off.

Enter your steps and other activities on your own personal tracking program at optimalhealthproducts.com.

**Ask about our quantity discounts.
Call if your pedometer needs repair.
888.339.2067**