

EKHO TWO PEDOMETER

Features

- Step Counter: 0 to 99999
- Distance Counter: 0 to 999.99 mile/km



Step Counter

The step counter counts the user's steps.

1. Press Mode to access step counter mode. The LCD displays 00000. (If this is not displayed, press Reset to set the value to 00000.)
2. Clip pedometer to your belt, shorts, or pants. (Position pedometer on waist above knee and keep it straight.)
3. Begin walking or running; the pedometer will count individual steps up 99999.
4. To restart, simply press Reset and the old records are cleared and follow step 1-3.
5. The auto-flashing filter will filter out your abnormal movement and keeps the walking or running movement in the step mode.
6. The device remains in standby until 5 continuous steps are registered. So that the counting will be more accurate.

Distance Counter

The distance counter keeps the total of the distance traveled.

1. Press Mode to access distance counter mode. LCD displays 0.00. (If this is not displayed, press Reset to set the value to 0.00.)
2. Use the following procedure to measure your stride length. (The distance from the first step's toe to the tenth step's toe is your total step distance.)
 - a. Walk or run 10 steps using a typical stride.
 - b. Divide the total step distance by 10 to get your average stride length. (For example, total step distance of 30 feet divided by 10 steps equals a distance of 3 feet per stride.)

Note: Choose mile or kilometer distance measurement. Press Mode for 5 seconds until the LCD blinks. (This clears the old data, and the current measurement system changes to the alternate one.)

3. Press Set and the LCD flashes. Press Reset to input your stride length. (For example, 2.5 feet will be displayed as 2.50.)
4. Press Reset to advance it in 0.1 feet increments.
5. Clip it to your belt, shorts, or pants (as per Fig. 1).
6. Begin walking or running, the pedometer accumulates the distance you have traveled from 0.01 to 999.99 mile.
7. To restart, simply press Reset to clear the old records and follow steps 1-6.

Battery Replacement

When the display dims or fades out, replace the current battery with a new LR1130 button cell battery or equivalent.

1. Use a flathead screwdriver to open the batter cover from the bottom. Take out the current battery and insert a new one into the battery holder with the positive (+) side up.
2. Close the battery cover and promptly dispose of the old battery.

Note: The pedometer emits a clicking sound when in use. This is normal.

<http://www.ekho.us/>

Should You Walk 10,000 Steps Per Day for Weight Loss?

Question: I've heard that we should walk 10,000 steps per day for fitness and weight loss. How did they come up with this 10,000 steps per day number? Is this a fitness myth, or is there any research that shows that it works?

Answer: Walking 10,000 steps per day for health and weight loss was popularized originally in Japan. As Dr. Catrine Tudor-Locke explains in her book *Manpo-Kei: The Art and Science of Step Counting*, the original figure did not seem to come from any medical research. Several researchers have been playing catch-up on this, including Tudor-Locke and Dr. James O. Hill, author of *The Step Diet*.

10,000 Steps Per Day Matches Exercise Recommendations.

For most people, 10,000 steps per day is around five miles worth of walking during the day. Unless you have an active job such as a waitress or nurse, it would be difficult to log that by just daily activity. Most people achieve it by one or more sustained walks or runs, equivalent to 30-60 minutes or more of walking per day. That equals the minimum daily exercise recommendation by the CDC.

If You Continue to Gain Weight, Add More Steps. If you are already logging 10,000 steps a day and gaining weight or not losing weight, then the key is to add another 2,000 steps per day (and/or eat fewer calories). If that still doesn't work after a couple of weeks, add more steps or eat less. This is explained in Dr. Hill's *The Step Diet* book. Each 2,000-2,500 steps is about a mile, or 100 calories for a 150-pound person.