The next generation is here...

Whatever the motivation: Weight Control, Diabetes Management or Exercise Analysis...the Life recorder® Activity Monitors are the key to unlocking a healthier lifestyle.

Life recorder® Activity Monitors are accurate, reliable and easy to use and offer so much more than a pedometer... In addition to counting steps, they monitor the intensity and duration of a person’s activity, compute basal metabolic rate, calculate calories expended and store at least 7 days of data. Selected Life recorder® models can even download data to a PC for detailed analysis.

Life recorder® Activity Monitors are more accurate with older and obese people because, unlike a pedometer, there are no moving parts. The ceramic bar detects gravity & generates electric frequency, so it records physical activity intensity, not just steps.

Kenz developed their first activity monitor using the original sensor in 1985 and since that time more than 200 research and validation studies have been published globally, verifying their value and accuracy.

The optional Physical Activity Analysis Software (PAAS) enables data from selected Life recorder® Activity Monitors to be downloaded. The data can then be analyzed to spot trends in activity, missing patterns of sedentary behavior easy to target and change.

The combination of the downloadable Life recorder® Activity Monitors and PAAS software can be used to assist people to pursue lifestyle changes and is ideal for use by health professionals including:

- Exercise Physiologists
- Personal Trainers
- Diabetes Educators
- Physiological Therapists
- Dietitians
- Weight Management Educators

For your nearest distributor:
www.suzuken-kenz.com
**Physical Activity Analysis Software**

**PAAS Lifestyle Coach Ver.1.0**

The PAAS Lifestyle Coach is a unique and user-friendly software for analyzing the data measured by Kenz Lifecorder PLUS and EX activity monitors. The software is designed for Wellness Program, Health Club, Personal Trainer and Weight Management Professional to motivate individuals and group users to increase their physical activities for healthy lifestyles.

### Main Functions
- Security Logon with Coach ID and User ID
- Auto USB Download, Auto Printout, Auto Data saving
- Lifecorder setup-Daily Target Value, Selected Display Mode
- View and Printout for simple analysis reports and summary report
- Physical Activity Ranking List
- Weight Loss Planning

### Daily Steps & Activity Minutes

The bar graph of Daily Step Counts and Activity Minutes is displayed. Another color bar will be displayed when the real value is greater than the target value.

### Activity Level

A pie graph displays the activity time of each intensity and a variation graph shows physical activity intensity per 2-minute interval for the day, including the maximum activity expenditure and the average activity level.

### Weight Loss Plan

Weight Loss planning can be performed by setting the time period, target weight, target activity energy expenditure, and reduction of daily core food. Once the plan is saved, the weight change entered manually in Lifecorder and the activity energy expenditure measured can be reviewed in the progress report.

### Physical Activity Ranking

The performance ranking list for users in a database is displayed based on all measured values in the selected period by filtering with respect to the group, age and gender. The individual performance can be compared with group average performance.

### Daily Energy Expenditure

The daily energy expenditure in light green and activity energy expenditure in dark green are displayed as a bar graph. The calorie intake under personal setting will be displayed in gray. The daily weight change will be shown as a line graph.

### Print Report

The summary report, the comparison report and each graph can be printed out. The summary report, including the user information, Daily steps & Activity Minutes, Weekly Average Steps & Activity Minutes, Daily Energy Expenditure and variation graph of daily physical activity, can be saved as image file format to be sent by email.