

Physical Activity Monitor **Lifecorder**



The next generation is here...

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

Lifecorder® 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 Lifecorder® models can even download data to a PC for detailed analysis.

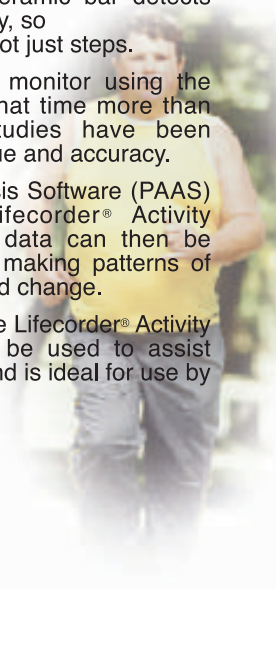
Lifecorders® Activity Monitors are more accurate with elderly and obese people because, unlike a pedometer, there are no moving parts. The ceramic bar detects gravity & generates electric frequency, so it records physical activity intensity, not just steps.

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 Lifecorder® Activity Monitors to be downloaded. The data can then be analyzed to spot trends in activity, making patterns of sedentary behavior easy to target and change.

The combination of the downloadable Lifecorder® 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



Activity Monitor



Kenz Physical Activity Monitor

	Lifecorder EX	Lifecorder PLUS	Lifecorder e-STEP
Step Counts	●	●	●
Activity Minutes		●	●
Distance		●	
Activity Calories	●	●	
Total Calories	●	●	●
Physical Activity Intensity Graph(METS)		●	
Physical Activity Intensity Level	●		
Target Settings	Activity Cal	Steps, Activity Minutes, Activity Cal	
Physical Activity Intensity Range Setting for Activity Minutes	By PC only	●	●
Evaluation	Displays Achievement % with a bar icon	Achievement Message & Balance to Goal for Steps, Activity Minutes & Activity Cal	
Clock	●	●	●
Memory	LCD View: 7 days & Total 7 days, Internal Memory: 200 days	LCD View: 7 days & Total 7 days, Internal Memory: 60 days	7 days & Total 7 days
PC Downloadable	●	●	
Size	W72.5 x H41.5 x D18.0 mm (excluding belt clip)	W72.0 x H42.0 x D18.6 mm (excluding belt clip)	W66.0 x H38.0 x D16.0 mm (excluding belt clip)
Weight	60 g including battery	48 g including battery	40 g including battery
Battery & Battery Life	1 x Button Type CR2032 3V 6 months	1 x Button Type CR2032 3V 2 months	1 x Button Type CR2032 3V 9 months

PAAS(Physical Activity Analysis Software)

	Pro	Basic	Lifestyle Coach	Personal*
Lifecorder EX	●	●	●	
Lifecorder PLUS			●	●
Graph/Chart	Daily Step Counts	●	●	●
	Weekly Avg. Steps	●	●	●
	Daily Activity Minutes	●	●	●
	Weekly Avg. Activity Minutes	●	●	●
	Activity Level Distribution	●	●	●
	Activity Bout 10 min. or greater		●	●
	Daily Energy Expenditure	●	●	●
	Daily Energy Expenditure with Intake & Weight Change			●
	Weight Loss Plan & Progress		●	●
	Daily Physical Activity with all measured value	●		●
	Physical Activity Ranking			●
	Log Book			●
	Summary Report	●	●	●
Lifecorder Settings by PC	Comparison Report [Printout only]		●	
	Target Step, Activity Minutes & Activity Cal	●		●
	Intensity Range & Food Intake	●		●
	Selecting Display Mode			●
	Blind Display	●		●
	Key Lock	●		●
	Auto Start	●		●
	Memory Lock/Loop	●		●
	Exercise Manual Entry			●
	User Name & Password			●
Auto Download & Auto Printing	●		●	
Database Export	●		●	
Database Import			●	
Database Editor	●		●	

* Free Software

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For your nearest distributor:
www.suzuken-kenz.com