

Kenz

Activity Monitor

Recorder



Physical Activity Monitor



The next generation is here...

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

Not all steps are equal!

Lifecorder® technology uses a solid state medical-grade sensor and digital filtering to deliver extremely accurate results. Unlike an inexpensive pendulum sensor pedometer, the Lifecorder filters out motion and vibration and only counts real steps. It also measures the INTENSITY of physical activity and accurately records how much time is spent at moderate or greater intensity level activities.

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. Selected Lifecorder® models can even download data to a PC for detailed analysis using the Physical Activity Analysis Software (PAAS Lifestyle Coach & Personal*).

The Lifecorder® can be used as a sustainable motivation tool to help people pursue lifestyle changes and is ideal for use by health professionals, including:

- **Exercise Physiologists**
- **Personal Trainers**
- **Weight Management Educators**
- **Dietitians**
- **Diabetes Educators**
- **Physical Therapists**



Lifecorder® e-STEP



Lifecorder e-STEP, the economical activity monitor for a general user, has the same internal mechanism and accuracy as other Lifecorder models, but without a computer download function. Like other Lifecorders, it measures step count, total calorie expenditure and keeps track of total activity minutes at moderate or greater levels of intensity in each 24 hour period with a 7 day total memory.



Lifecorder® PLUS



The new Lifecorder PLUS has a large graphic display which illustrates how step count, calorie expenditure, distance and activity minutes compare with personal daily targets. The bar graph shows the activity intensity level in 2 minute intervals over one hour periods. The Lifecorder PLUS is the ideal model for a user wanting to track real-time progress toward daily targets.



Lifecorder® EX



The compact Lifecorder EX, with a 200 day memory capability and battery life of six months, is especially designed for lifestyle management programs. It features two unique functions, including a key on the front face for logging exercise time, meal time, and medication time. The second exclusive function is the display of the real-time intensity value of physical activity for checking exercise levels in 4 second intervals.



