

However, for the sake of your health, the main thing is to exercise regularly,

bearing in mind that the physical activity you engage in need not be strenuous to be beneficial. The important thing is that you should feel good and are thus taking effective action to improve your health – the WALKING STYLE X will motivate you to achieve this goal! Even if there are days when you are unable to exercise enough, the WALKING STYLE X will note the exercise you have missed. You will then have the rest of the week to make up for the missed exercise. The WALKING STYLE X will help you maintain an overview of the whole week and help you to put in at least the minimum amount of exercise required. Whatever your age, exercise plays an important role in building up and maintaining your performance. Apart from improving your health, exercise in the fresh air also pays off in terms of your general wellbeing.



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Your personal motivator



Walking style X
Electronic Step Counter

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How to Exercise with Walking style X



Walking style X
Electronic Step Counter

7 DAYS
21 Exercise Units

Adapt your lifestyle – Step by step!

MET incl. MET Indicator



A Good Sense of Health

Exercise - the elixir of life



Exercise is the key to staying mentally and physically fit. Though we all realise the importance of exercise, it is difficult to keep the resolutions we have made to exercise more in our day to day lives.

Exercise is essential for various aspects of our health, such as our cardiovascular, metabolic, musculoskeletal and immune systems, as well as for our general wellbeing.

However, the question that is raised time and again is how much exercise do we need and, most important of all, how can we be sure that we are exercising enough? The new WALKING STYLE X step counter helps to provide answers by calculating exercise units. Here is a brief overview of how works ...



How can I measure physical activity?

A good guide here is the amount of energy required for an activity expressed in terms of calories. The problem is that the amount of energy varies greatly depending on different factors such as sex, weight or the proportion of muscular mass in the body. For, example, a tall, heavy man needs a lot more calories per given unit of time for the same activity than a petite woman. Additional factors to be taken into account are the intensity of the physical activity and the period of time over which it is carried out. A unit of measurement known as the metabolic equivalent provides a simplified way of determining calorie consumption.

The **metabolic equivalent (MET)** corresponds to the oxygen consumption of a person in a state of complete rest.

1 MET is defined as the basal metabolic rate while sitting, which corresponds to an oxygen consumption of roughly 3.5 ml/min/kg or to a calorie consumption of roughly 1 kcal/kg per hour.



METs therefore describe the intensity of a physical activity as a multiple of the basal metabolic rate. Following extensive research and tests, international guidelines were drawn up which specify the METs for a wide range of activities. For example, the basal metabolic rate of a person walking at a speed of 4km/h increases roughly threefold (3 METs; see Table) or increases roughly tenfold when jogging (10 METs; see Table).

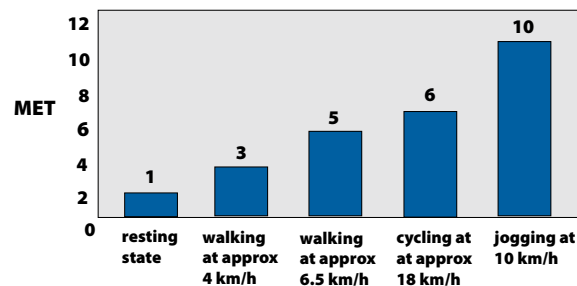


Fig. 1: The metabolic equivalent of different physical activities

Since 1 MET corresponds roughly to a calorie consumption of 1 kcal/kg per hour, a person's approximate calorie consumption can be easily calculated for specific activities:

Person weighing 80 kg:

Calorie consumption sitting at rest for 1 hour (1MET):

$$1\text{MET} \times 80\text{kg} \times 1\text{hour} = 80 \text{ kcal}$$

Sitting at rest for one day (24 hours with one MET):

$$1\text{MET} \times 80\text{kg} \times 24\text{hour} = 1920 \text{ kcal (rough indicator)}$$

The exact and individual daily resting metabolism can be easily measured with OMRON Body Composition Monitor BF500



Walking with 4km/h (3METs) during 1 hour:

$$3\text{MET} \times 80\text{kg} \times 1\text{hour} = 240 \text{ kcal.}$$

Daily kcal consumption including one hour walk at 3METs:

$$23\text{hours} \times 80\text{kcal} = 1840 \text{ kcal}$$

$$1 \text{ hour} \times 240 \text{ kcal} = 240 \text{ kcal}$$

$$= 2080 \text{ kcal / day}$$

The more intensive a physical activity is, the higher the metabolic equivalent. Generally speaking, activities can be classified as follows:

- < 3 METs = light physical activity
- 3-6 METs = moderate physical activity
- > 6 METs = intensive physical activity

What is the ideal exercise plan for one week?

In order to stay fit and healthy you should engage in moderate physical activities for at least 30 minutes almost every day of the week (at least 3 METs) or engage in intense physical activities for at least 20 minutes (> 6 METs) three days a week. You can, of course, also combine moderate and intensive activities.

Therefore, every step contributes towards improving your health. Maximum health benefits can be obtained by exercising continuously (> 10 minutes). A training stimulus beyond this period has a positive effect on your metabolic and cardiovascular systems and can reduce your blood pressure.

The physical activities you engage in need not be carried out to a strict schedule because there are many possible combinations of physical activity. It is primarily the overall extent of physical activity that is crucial for promoting health, provided such activity meets the above-mentioned criteria (> 10 minutes activity of at least moderate intensity carried out at one stretch). Scientists frequently also use the term MET hours (MET-h) to define the overall extent of physical activity. MET-hs are the product of the number of METs in an activity and the period of time over which the activity is carried out.

Example:

30 minutes of physical activity at an intensity of 7 METs:

$$1/2\text{h} \times 7 \text{ METs} = 3.5 \text{ MET-h}$$

How can I attain my goals?

The WALKING STYLE X is more than just a mere step counter; it measures the steps you have taken, taking into account your speed, and converts these steps into exercise units, which correspond to MET hours. The exercise units provide information about the extent of the activity, taking into account its intensity (period in hours x intensity in METs).

1 Exercise Unit = 20 minutes (1/3 hour) carrying out an activity of 3 METs
 3 Exercise Units = 1h walking at 3 METs = 3 MET-h



Based on the activity guidelines, **21 exercise units per week** of activity are recommended, that is 21 MET-hours. However, these can be made up of a wide range of activities:

- a) 7 x 60 min walking at 3 METs = 7 x 3 MET-h = 21 exercise units
- b) 1 x 60 min jogging at 9 km/h + 4 x 60 min walking at 3 METs = 1 x 9 MET-h + 4 x 3 MET-h = 21 MET-h = 21 exercise units

There are therefore many ways of meeting your weekly target. The following basic rule applies in all cases: "The more intensive a physical activity is, the shorter the time required to reach the same number of exercise units" (see Fig. 2).

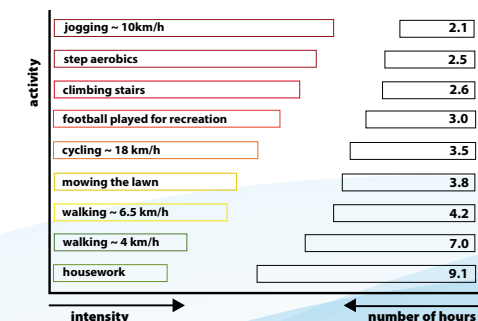


Fig. 2: Relationship between the intensity of the physical activity and number of hours required to achieve 21 exercise units