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Dividing Total Steps By The Number Of Days. 10,000 Steps Per ... Set A Goal To Increase Your Steps. (Example: If You Average 3,000 Steps Per Day In The First Week, Then Set A Goal To Increase To 3,500 Steps Per Day.) • Start At A ... At A Gym, Etc. Ways To Add Walking To Your Lifest 1th, 2024

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Mile Or Kilometer Distance Measurement. Press Mode For 5 Seconds Until The LCD Blinks. 2th, 2024

Getting Started: Setting Up Your Pedometer

SET Button To Reset To Zero. • Press The MODE Button To Complete The Setting. Measure Your Stride • Measure Off A Distance Of 20 Feet. • Walk The 20 Feet At A Normal Stride, Counting The Number Of Steps. • Do The Math: 20 Divided By The Number Of Steps Equal 3th, 2024

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Omron HJ-112 Pedometer Counts Step, Calculates Distance, And Calories Burned, Also Track Aerobic Steps Separately When Walking Or Jogging More Than 60 Steps Per Minute Or More Than 10 Minutes Continuously. It Has 7-days Memory Absolutely Silent, No Clicking Or Rattling 9. \$19.49 Belt Or Put It In The Pocket, Clip On The Bra, But Perpendicular To 2th, 2024

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