

OMRON®

INSTRUCTION MANUAL

GOsmart™

Tri-Axis Pocket Pedometer

Model **HJ-303**



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INTRODUCTION

Thank you for purchasing the HJ-303 Omron® GOsmart Tri-Axis Pocket Pedometer.

Fill-in for future reference:

DATE PURCHASED: _____

Staple your purchase receipt here.

This pedometer is a great motivational tool to track the number of total steps, number of steps and minutes walked at a moderate pace, calories burned and distance walked. The convenient memory function supports the management of daily walking. The power saving feature on this pedometer continues to record your activity even when the display has automatically turned off.

Your HJ-303 GOsmart Tri-Axis Pocket Pedometer comes with the following components:

- Pedometer
- Holder
- Strap
- Clip
- Battery (CR2032 installed)
- Battery Screwdriver
- Instruction Manual

SAVE THESE INSTRUCTIONS

MODERATE STEP FUNCTION

This pedometer displays the number of steps and minutes walked at a moderate or brisk pace in a day. Moderate intensity activity is defined as 3.0 to 6.0 METs* by the American College of Sports Medicine (ACSM).

* METs represents the ratio of exercise metabolic rate. 1.0 MET is defined as the energy expenditure at resting condition. On average, when sitting at rest we use 1.0 MET, when walking at normal pace (2.5 mph) we use 3.0 METs.

Moderate steps

This counts the number of steps taken at a moderate pace (3.0 METs or more). Moderate to brisk walking at approximately 2.5 to 3.4 mph (may differ in individuals) is one of the most popular activities to meet this recommendation.

Minutes for moderate steps

This counts the amount of time spent walking at 3.0 METs or more.

Source: ACSM and the Center for Disease Control and Prevention (CDC) physical activity recommendation for adults is at least 30 minutes of moderate intensity activity 5 or more days per week. For more information, visit www.acsm.org.



NOTE:

Walking up or down stairs or a steep slope, and walking on a treadmill may not be counted as moderate steps.








IMPORTANT SAFETY INFORMATION

To assure the correct use of the product, basic safety measures should always be followed including the warnings and cautions listed in this instruction manual.








SAFETY SYMBOLS USED IN THIS INSTRUCTION MANUAL

 WARNING	Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.
 CAUTION	Indicates a potentially hazardous situation which, if not avoided, may result in minor or moderate injury to the user or patient or damage to the equipment or other property.





OPERATING THE DEVICE

-  Contact your physician or healthcare provider before beginning a weight reduction or exercise program.
-  Keep the unit out of the reach of young children. The unit contains small pieces that may be swallowed. Immediately contact your physician if any piece is swallowed.
-  If used hanging around neck, the string can cause strangulation. Do not place pedometer with string around a child's neck.
-  If battery fluid gets in your eyes, immediately rinse with plenty of clean water. Contact a physician immediately.
-  Read all information in the instruction manual and any other literature included in the box before using the unit.
-  Operate the unit only as intended. Do not use for any other purpose.
-  Do not swing the unit by the strap. Swinging the unit while holding the strap may cause an injury.

IMPORTANT SAFETY INFORMATION

-  Do not put the unit in the back pocket of your shorts or trousers. It could be damaged if you sit down while the unit is still in your pocket.
-  If battery fluid gets on your skin or clothing, immediately rinse with plenty of clean water.
-  Do not insert the battery with the polarities in the wrong direction.
-  Replace a worn battery with a new one immediately.
-  Remove the battery from this unit when you are not going to use it for a long period of time (approximately three months or longer).
-  Do not throw the battery into fire. The battery may explode.
-  Dispose of the device, battery, and components according to applicable local regulations. Unlawful disposal may cause environmental pollution.

CARE AND MAINTENANCE

-  Do not disassemble or modify the unit. Changes or modifications not approved by Omron Healthcare will void the user warranty.
-  Do not subject the unit to strong shocks, such as dropping the unit on the floor.
-  Do not submerge the unit or any of the components in water.
-  Do not press the button with a sharp point. This could cause damage.

