

STEP UP TO BETTER HEALTH

10,000 STEPS PER DAY FOR SUCCESSFUL WEIGHT LOSS, THIS SHOULD BE BETWEEN 12,000 – 15,000 STEPS PER DAY.

Results from a 3-month and 44-patient study sponsored by Omron Healthcare, Inc. and conducted by Diabetes In Control.com concluded that people with diabetes who wear a pedometer and have a daily goal to become more active throughout the day will see improvements in blood pressure, weight loss, blood glucose, A1c, lipids, total cholesterol, LDL, HDL and Triglycerides levels.#

Omron Walking style helps you manage your steps. Simply wear the step counter and it will count all your daily steps.



For complete details on the 10,000 Steps Study, visit <http://www.diabetesincontrol.com/component/content/article/2001>

IT'S EASY TO GET STARTED



* Only available for Model HJ-321

CALORIES

By measuring the intensity of your activity, the unit can calculate the amount of calories burned.

AEROBIC STEPS

Aerobic steps are the physical exercise that helps us stay healthy. Aerobic steps are counted separately when walking more than 60 steps per minute and more than 10 minutes successively. If a rest of less than 1 minute is taken after a continuous walk of more than 10 minutes, this will be regarded as part of "a continuous walk".

OMRON HEALTHCARE Co., Ltd.
53, Kunotsubo, Terado-cho,
Muko, Kyoto, 617-0002 JAPAN

Asia Pacific HQ
OMRON HEALTHCARE SINGAPORE PTE LTD.
438A Alexandra Road, #05-05/08,
Alexandra Technopark, Singapore 119967
www.omron-healthcare.com.sg



OMRON HEALTHCARE EUROPE B.V.
Scorpius 33, 2132 LR Hoofddorp
THE NETHERLANDS

OMRON

Walking style STEP COUNTER



Achieve your **FITNESS GOAL** with Omron Walking Style Step Counter

All for Healthcare



HJ-320
Step Counter Walking Style



HJ-321
Step Counter Walking Style



SPECIFICATIONS

Product Name	Walking style
Type	HJ-320
Power Supply	3VDC (1 lithium battery CR2032)
Battery Life	Approx. 6 months* (When used for 12 hours a day) NOTE: The supplied battery is for initial use. This battery can run out within 6 months.
External Dimensions	Approx. 75.0(W) × 31.0(H) × 8.0(D) mm
Weight	Approx. 20 g (battery included)
Contents	Step counter, Holder, Battery (CR2032 installed), Instruction manual

• Specifications are subject to change without notice. This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd. Japan.

* Based on OMRON test using new battery.

SPECIFICATIONS

Product Name	Walking style
Type	HJ-321
Power Supply	3VDC (1 lithium battery CR2032)
Battery Life	Approx. 6 months* (When used for 12 hours a day) NOTE: The supplied battery is for initial use. This battery can run out within 6 months.
External Dimensions	Approx. 75.0(W) × 31.0(H) × 8.0(D) mm
Weight	Approx. 20 g (battery included)
Contents	Step counter, Holder, Battery (CR2032 installed), Screwdriver, Instruction manual

• Specifications are subject to change without notice. This OMRON product is produced under the strict quality system of OMRON HEALTHCARE Co., Ltd. Japan.

* Based on OMRON test using new battery.


ABOUT

3D SENSOR TECHNOLOGY

This Step counter features advanced 3D Smart Sensor technology - so it knows exactly when you're taking a step. It's more accurate than other step counters which use a simple pendulum design. Use this in your pocket, bag or on your hip for added convenience. The seven day memory helps you keep track of your daily activity to help you reach your fitness goals. Use this unit everyday to monitor your fitness achievements!

COMPARISON CHART

OMRON PEDOMETERS

Model	HJ-320	HJ-321
		
Technology	3D Sensor	3D Sensor
No. of steps	✓	✓
No of aerobic steps	✗	✓
Duration of aerobic steps	✗	✓
Calories burnt	✗	✓
Walking distance	✓	✓
Time Display	✓	✓
Memory	✗	✓
Power	3V Lithium CR2032	3V Lithium CR2032
Battery life	6 months (when used 12 hours a day)	6 months (when used 12 hours a day)
Weight	20g	20g
Reset steps function	✓	✗

