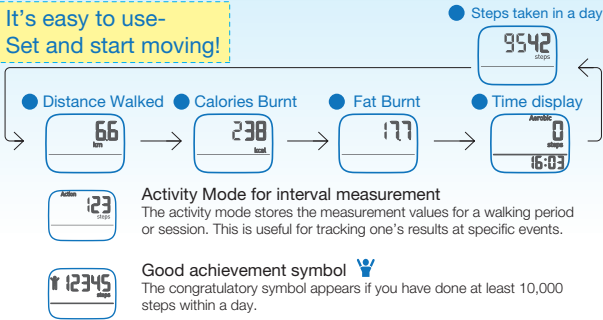


A STEP COUNTER THAT WORKS IN YOUR POCKET AND BAG



It's easy to use—
Set and start moving!



Specifications

Power supply	3V Lithium battery type CR2032
Battery life	Approx. 6 months* (when used for 14 hours a day) Note: Supplied battery is for trial use. This battery can run out within 6 months.
Weight	23 g (including battery)
External dimension	42(W) X 57(H) X 13(D)mm
Contents	Step counter, Strap, Clip, 3V Lithium battery type CR2032 and Instruction manual

In the interest of product improvement, specifications are subject to change without notice.

*New battery life based on OMRON testing.



Manufacturer	OMRON HEALTHCARE Co., Ltd. 53, Kunotsubo, Terado-cho, Muko, Kyoto, 617-0002 JAPAN
EU-representative	OMRON HEALTHCARE EUROPE B.V. Scorpius 33, 2132 LR Hoofddorp, THE NETHERLANDS
Asia Pacific HQ	OMRON HEALTHCARE SINGAPORE PTE LTD. 438A Alexandra Road, #05-05/08 Alexandra Technopark, Singapore 119967 www.omronhealthcare-ap.com

OMRON

Walking Style Step Counter

HJ-325



Turquoise Blue

White

Deep Pink

All for Healthcare

3D Smart Sensor

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 7 days memory helps you keep track of your daily activity to help you reach your fitness goals.

Activity Mode

Equipped with Activity mode where it stores the measurement values for a specified period or session, enables you to reach your fitness goals effectively.



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.

Prescription for 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 DiabetesIn 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, ATC, lipids, total cholesterol, LDL, HDL and Triglycerides levels.*

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

