

## We provide the very best Healthcare Services to you as an individual.

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- Oil & Gas UK (OGUK) Certified Medicals
- Transport Regulated Medicals for Taxi, HGV & PSV
- DVLA Medicals
- Aviation Medicals,(CAA, Private Pilot & Cabin Crew)

## We Support Organisations

- Occupational Health Surveillance
- Diagnostic Services including Pathology & Radiology
- Bespoke Employment Medicals
- Executive Medicals

## Private Services

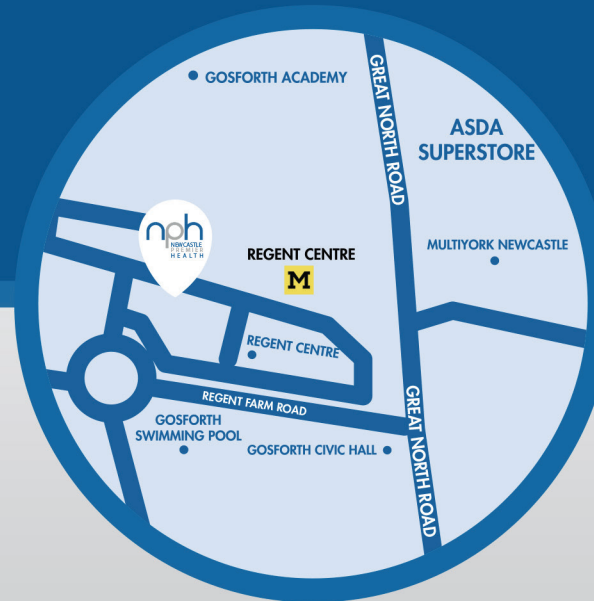
- Private GP Appointments
- Private Prescriptions & Fit notes

## Travel & Immunisation Clinic

- Travel Advice
- Immunisations
- Yellow Fever Accredited Centre
- Fully Stocked Travel Shop

## Find us.

**Newcastle Premier Health**  
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## Get in touch.

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**The benefits of  
using a Pedometer**

## Why use a Pedometer?

Health experts often recommend a goal of 10,000 steps a day. In a recent study, 400 people were given pedometers and this goal. After eight weeks, the majority of them reported increased energy, less frequent illness and weight loss.

An earlier study of over 200 sedentary adults showed that wearing pedometers encouraged people to be more active. Their body fat decreased and their fitness and blood pressure improved, as effectively as if they had structured exercise.

Another recent study involved senior adults with osteoarthritis of the knees that significantly interfered with their daily life. All participated in an arthritis self-management class.

Some were given pedometers and a goal of increasing their daily steps by 30 percent. After 12 weeks, the pedometer group had increased their steps by 23 percent, while the other group was walking less than when they started.

The pedometer group also showed improved walking and greater leg strength. Regular walking has long been known to reduce high blood pressure. Several studies have reported drops of six to ten points in blood pressure among those who use pedometers and walk more. The blood pressure drop seems to be a direct result of walking and unrelated to weight reduction.

The pedometer group reported increased energy, less frequent illness and weight loss.

## Operating a Pedometer

### Step Counter Function

1

- Press Mode button until the arrow on the display is pointing to 'Step' Marking. The step counter will start counting once motion is detected.
- To avoid counting sudden movements as steps, the pedometer does not display the step count for the first four steps (or less). If you continue walking for more than four steps, the display will show the first 5 steps walked and continues to count.
- To reset the counter, press and hold the RESET button until the digits revert back to zero.

### Distance Travelled

2

- Press Mode button until the arrow on the display is pointing to the 'KM' marking for the metric version. (for the imperial version, the arrow should point to 'MILE').
- Press the 'SET' button for adjusting the stride distance i.e.; the distance for each pace. The digits on display will start to flash\*\*
- Press the 'SET' button as many times as necessary to adjust to the desire value. Once the value is set, leave the unit idle for three seconds and it will revert back to distance travelled mode.
- The distance travelled counter will start counting once motion is detected.
- To reset the distance travelled back to zero, press the mode button until it is reverted back to step counter mode. Press the reset button until the digits revert back to zero.

### Calorie Calculation

3

- Press mode button until the arrow on the display pointing to Kcal" marking
- Press the 'Set' button for inputting body weight. The digits on the display will start to flash\*\*
- Press the 'SET' button as necessary to adjust your body weight value. Once the value is set; leave the unit idle for three seconds; it will revert back to Calorie mode.
- The counter will start counting once motion is detected.
- To reset the calorie counter, press the 'MODE' button to revert back to step counter mode. Press the reset button until the digits revert back to zero

### Auto Shut Off

4

The default setting will be either metric or imperial depending on the final country destination. The default setting can be changed to either the metric or imperial version. Simply follow the steps below to make the change:

- 1) Go to step counter mode
- 2) Press and hold the set button until the display flashes a '0' digit.

### Metric and Imperial

5

If no motion is detected for 1 minute, the unit will automatically shut down. The value on the pedometer will still be retained in memory and it will resume once motion is detected.

## How To Use Your Multi-Function Pedometer

### Steps to using your pedometer:

- 1) Mode Button
- 2) Set Button
- 3) Reset Button
- 4) Uses 1 x 1.5 V 'AG-13 / LR44' button cell

### Features:

- Step counter; up to 99999 Steps
- Distance Travelled indication; up to 99.999 KM / 99.999 Miles
- Calories burnt indication: up to / 99.999 KCal
- Low battery consumption; operated by 1 x 1.5V battery
- Auto shut off when idle for 1 minute

### Trouble shooting

1. **Problem:** Not all your steps were detected  
**Answer:** Ensure you attach the pedometer to your waistband correctly and your walking method is correct
2. **Problem:** Obscure display  
**Answer:** Low battery, replace with new battery – Ambient temperature is too low. The normal display will recover when the temperature rises.
3. **Problem:** LCD is black  
**Answer:** The pedometer has been put under direct sunlight or operated in high temperature too long. It will recover normal status under the shade.

