

# NEW LIFESTYLES

## NL-1000 ACTIVITY MONITOR

*User's guide & record book*

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# CONTENTS

## ***Welcome to Your New Lifestyle • 5***

How Your Activity Monitor Relates  
to Your New Lifestyle • 7

Beginning the Program • 8

A Few New Words About Weight Loss • 8

Simple Strategies for Extra Steps • 9

## ***How Your Activity Monitor Works • 10***

How an Accelerometer Measures Activity • 10

How the NL-1000 Calculates Activity Time • 11

Frequently Asked Questions • 12

## ***Battery Installation • 14***

How to Install the Battery • 15

## ***First Things First: Using Your Activity Monitor • 16***

Get Acquainted With Your New Activity Monitor • 17

1. Open your activity monitor • 17

2. Understand the three basic operating modes • 18

3. Enter Set Mode • 18

4. Set Clock • 18

5. Set Stride Length • 19

Advanced Features of the NL-1000 • 20

Activity Level and Estimated Corresponding MET Level  
Equivalents • 21

Determining Stride Length • 22

***Using Memory Mode • 24***

Steps • 25

Distance • 26

Activity Minutes • 27

***How to Wear Your  
Activity Monitor • 28***

How to Wear Your Activity Monitor • 29

How NOT to Wear Your Activity Monitor • 31

The 20 Steps Test • 33

***Warranty Information • 34***

Limited Warranty • 34

Warranty Return Form • 35

***Setting Goals for Your  
New Lifestyle • 36***

SMART Goals • 38

Sample SMART Goals • 39

Your Goals • 39

Steps and Activity Minutes Log • 40

# WELCOME TO YOUR NEW LIFESTYLE

Nutrition. Exercise. Wellness. Many people don't realize the "NEW" in NEW-LIFESTYLES is an acronym for three elements critical to our company's mission to help our customers be the best they can be.

We believe in promoting health through the combination of physical activity and healthful eating practices.

While there really isn't anything NEW about this idea, we think our products help many people achieve this lifestyle — especially people who previously had not been able to transform an exercise plan and/or a trendy diet into a lifelong habit.

OUR  
ADVICE  
FOR  
GOOD  
HEALTH

Our recommendations are based on scientific research and good ol' common sense:

- **Exercise daily, just like you'd brush your teeth.** Exercise must become a habit done "just for you."
- **Don't smoke or use tobacco products and limit your alcohol consumption.**
- **Eat a healthy diet.** Aim for eating 10 servings a day of fresh fruits and vegetables; eat fewer fried and processed foods; and choose fish, poultry and lean cuts of meat for your protein sources.
- **Maintain a healthy weight.**
- **Be sure to get your vitamins.**
- **Get regular check-ups.**
- **Simplify your life.** Prioritize tasks that are enjoyable to you and eliminate unnecessary ones. Commit yourself to things that are important to you. Cultivate and nurture friendships and family relationships.
- **Be positive and enthusiastic.** You are as happy as you choose to be. A good attitude is contagious.

## ***How Your Activity Monitor Relates to Your New Lifestyle***

Even though the fitness industry makes millions of dollars a year selling gym memberships, expensive machines, books, videos and exercise equipment, structured exercise programs have proven to be only marginally effective. They work for a minority of people some of the time, but over the long haul, most people lose their dedication because exercise becomes something they *have* to do — not something fun they look forward to doing.

The good news is that researchers are finding people can achieve health benefits by exercising at a less intense level than previously thought. In other words, someone who is sedentary most of the day but who jogs over the lunch hour may expend as much cumulative energy as someone who is active periodically throughout the entire day.

Two recent studies published in the *Journal of the American Medical Association* have confirmed that this lifestyle approach can be as effective as a traditional exercise program. Many doctors and researchers have found that wearing an activity monitor is a great way to track your daily activity — and inspire you to move more on days you have been sedentary.

To achieve good health, strive to take 10,000 steps a day (the equivalent of walking roughly five miles). A person who walks 10,000 steps a day will burn between 2,000 and 3,500 extra Calories per week, which will result in achieving a vastly better health profile and longer lifespan.

## **GOOD THINGS TO KNOW**

**10,000 Steps =  
Approx. 5 miles**

**2,000 Steps =  
Approx. 1 mile**

**1 mile =  
Approx. 100  
Calories**

So put your activity monitor on when you dress in the morning, and don't take it off until bedtime (unless, of course, you take a shower somewhere in between). Every step you take throughout your day counts!

### ***Beginning the Program***

Depending on your fitness level when you start, you may need to ease yourself into the 10,000 steps program. Steadily try to increase your steps until you reach — or exceed — this 10,000 steps goal. Your body will thank you for it!

If you are already participating in regular workouts, think of this lifestyle approach as a complement — not a replacement — to what you are doing already. Your 10,000 steps-a-day workout will give your body a boost beyond its baseline for good health — and it just helps you be more active!

### ***A Few New Words About Weight Loss***

Trying to keep off the weight you've lost? There's no better complement to a weight-loss plan than exercise.

The National Weight Control Registry maintains a database of people who have lost at least 30 pounds and kept off the weight for a year or more. Researchers have found that the people most successful in maintaining their new weight burned about 2,700 calories a week through exercise. Translate this to steps, and that means you should walk 15,000 to 18,000 steps a day — assuming, of course, your goal is weight maintenance.

For more information, visit  
**[www.new-lifestyles.com](http://www.new-lifestyles.com)**.

***Simple Strategies for Extra Steps***

1. Park in the farthest space from the store or mall.
2. Walk, run and play actively with your children or grandchildren.
3. Walk — don't ride — at the golf course.
4. Mow your yard using a push mower, not a riding mower.
5. Walk to and from the store, post office or school.
6. Take a walking break instead of a coffee break.
7. Walk while you're talking on the cordless phone or mobile phone.
8. Take the stairs instead of the elevator.
9. When waiting, take a walk.
10. Take your dog for a walk every day.
11. Take a dance class — ballroom, clogging or jazz!
12. Walk with friends or family and socialize while walking.
13. Hide your remote and change channels the old-fashioned way.
14. Avoid drive-through windows. Get out of the car and walk in.
15. Put on upbeat music while you clean your house.



# HOW YOUR ACTIVITY MONITOR WORKS

Your activity monitor is a very sophisticated piece of equipment. It measures vertical acceleration (up and down motion) to count steps and accumulate total activity time spent at or above moderate intensity.

### ***How an Accelerometer Measures Activity***

When positioned correctly on your hip, your activity monitor records a step each time your hip moves up and down. Your activity monitor also measures things you do throughout your day in addition to walking — bending to tie your shoes, going up and down stairs,

etc. That's OK, because the goal of the 10,000 steps program is for you to expend more energy and burn more calories. The movement can be in forms other than walking.

Be aware that the precision mechanism in the Activity Monitor occasionally will deduct a step or two if the device determines your movement was not the equivalent of a step. (For more about this, see *Frequently Asked Questions*, page 13.)

Before using your Activity Monitor, you may need to experiment with the positioning of your activity monitor to ensure the device is correctly counting your steps. (See *How to Wear Your Activity Monitor*, page 29, and *The 20 Steps Test*, page 33.)

### ***How the NL-1000 Calculates Activity Time***

Since the Centers for Disease Control and Prevention and the American College of Sports Medicine's physical activity recommendation for adults is at least 30 minutes of **moderate intensity** physical activity (3 METS or above) five or more days per week (for children the recommendation is at least 60 minutes of **moderate-to-vigorous** physical activity most days of the week) the NL-1000 is the perfect tool to see if you are meeting those goals.

The NL-1000 uses a medical-grade accelerometer to determine the intensity of your movement and accumulate the time you spend really moving. It studies and determines the intensity of your movement 4 seconds at a time. If it determines those seconds are at moderate intensity or above, it adds that time to the activity minutes.

### *Frequently Asked Questions*

#### **1. Will my activity monitor work properly if it's in my pocket?**

No. To work properly, your activity monitor should be worn on your belt or waistband.

#### **2. Will my activity monitor work if I run?**

Yes, it works for running.

#### **3. How can I clear my steps or calories without removing the battery?**

While in the Real-time Display mode, press and hold **SET** for more than five seconds to reset all data (including memory). This will clear all your **STEPS**, **DIST** (distance) and **ACT MIN** (activity minutes), as well as everything stored in memory. Note: this does not affect the clock, stride length, or activity intensity threshold parameters.

#### **4. Can I change to a metric display on the NL-1000?**

Yes, you can display your stride length in centimeters (instead of feet/inches) and distance in kilometers (instead of miles). To do so, remove the battery cover and the battery. Locate the small switch to the upper right of the battery and use a toothpick to slide the switch up to cm (by default it is on inch). Reinstall the battery and its cover. The NL-1000 will show you it is in metric mode by flashing "M" during startup.

## **5. My activity monitor deducted some steps! Why?**

Your activity monitor contains a computer chip that measures the amplitude and frequency of your movement and determines whether it should count as a step. If your movement should not count, the NL-1000 quickly adjusts by deducting a step or two from your accumulated "score." Don't let this alarm or discourage you; it's simply how the activity monitor functions to ensure you get an accurate count.

## **6. My activity monitor seems to be resetting randomly each day.**

Check and make sure the time is set correctly. The pedometer resets itself at midnight, so if your clock is not set correctly, it will reset at an arbitrary time of day. If it resets at noon, you've probably switched AM and PM.

## **7. What can I do if my NL-1000 gets wet?**

Like any electronic device, water can ruin your NL-1000. The best way to try to save a water-logged device is to get the battery out as quickly as possible, then let it dry completely before you try to reinstall a new battery.

## **8. What can I do if the plastics look bubbled or warped?**

Warped plastics mean the Activity Monitor got too hot (in a hot car or the clothes dryer, for example). You need to replace the device.

# BATTERY INSTALLATION

Your activity monitor uses one, 3-volt CR2032 battery. Your product shipped with one battery, which should last about 18 months, depending on how much you use it.

When the battery runs low, a battery icon like the one below will appear at the bottom of your LCD panel.



Follow the steps on the next page to install or replace your battery.

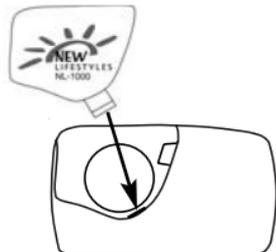
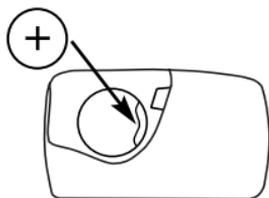
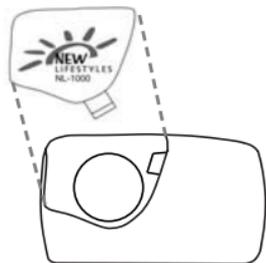
*NOTE: If you won't be using your activity monitor for a period of time, remove the battery to prevent any chance of corrosion and to spare the energy in your battery.*

### ***How to Install the Battery***

To install the battery, take these steps:

1. Hold the activity monitor firmly and use your finger or a coin in the slot above the battery compartment to pop open the battery cover.
2. Identify the top "+" side of the battery.
3. Place the right side of the battery under the small ledge on the right side of the battery hole, making sure the "+" side is facing up.
4. Press the battery down until it slides firmly and securely into the battery slot. If with soft pressure the battery does not seat properly, make sure you have the right side of the battery under the small ledge on the right side of the battery hole.
5. Identify the small tab on the battery case cover.
6. Place that small tab in its small hole at the bottom of the battery compartment.
7. Snap the top of the battery cover back on. That's it! Now, it's time to set the clock.

*Note: The LCD panel will display all characters for a few seconds, show the name of the device "NL 1000" and then revert to 0:00, with the first '0' flashing. The NL-1000 is now in Set Mode.*

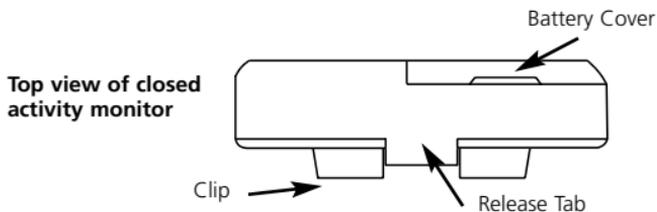
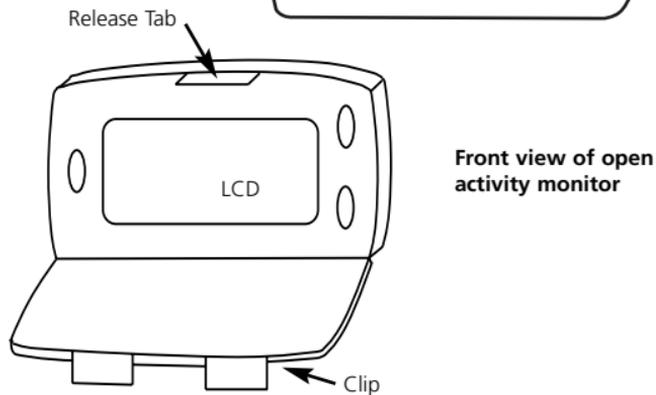
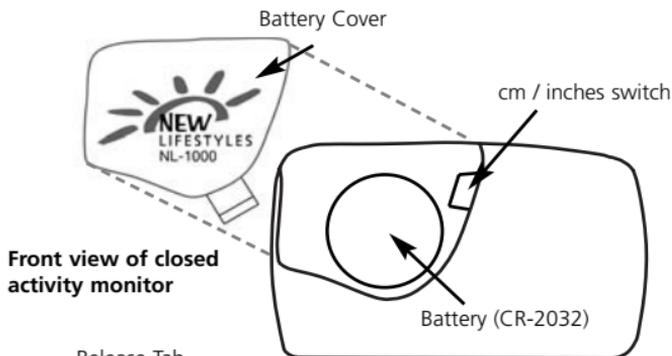




# FIRST THINGS FIRST: USING YOUR ACTIVITY MONITOR

This section provides step-by-step instructions for programming your activity monitor and teaches you about the various features.

## Get Acquainted With Your New Activity Monitor



### 1. Open your activity monitor.

Looking at the top, grab the sides of the clip and use your other hand to push the release tab.

## TIP:

If you want the NL-1000 in metric mode, use a toothpick to push the switch under the battery case cover from inches to cm **BEFORE** you install the battery.

If you move the switch with the battery installed, you need to remove and reinstall the battery for the Activity Monitor to recognize your change.

See the FAQs section for more information on the metric mode.

## DID YOU KNOW?



The arrow at the top of the screen identifies the information you are looking at. In this case, the activity monitor would be displaying DIST (distance).

## 2. Understand the three basic operating modes:

- **Set Mode** — You access this mode automatically after installing the battery or manually when updating the clock or stride length.
- **Real-time Display Mode** — This mode shows current-day **STEPS**, **TIME OF DAY**, **DISTANCE** and **ACTIVITY MINUTES** (minutes spent at or above moderate intensity).
- **Memory Mode** — Access this mode only when you want to see the total step count, total distance, or your accumulated activity minutes for each of the last seven days.

## 3. Enter Set Mode.

When the battery is changed, the LCD panel will automatically start in the set mode with the clock flashing. You can enter the Set Mode manually by pressing and holding the SET button for 3 seconds.

## 4. Set Clock.

To enter the Set Mode manually, press and hold the **SET** button for 3 seconds.



You are now in Set Mode, and can begin setting the current time of day.



1. Press the **+** button until the flashing digit reflects the correct hour. Use the **-** button to back up, if needed. Pay attention to the AM or PM below the hour to set the correct time.



2. Press **SET** to move on to minutes.
3. Press the **+** button until the flashing digits reflect the correct minutes. Use the **-** button to back up, if needed.
4. Press **SET** to record your changes.

### **5. Set Stride Length.**

*For instruction on determining the length of your stride, see pages 22-23.*

1. The default stride length setting is 2'6" which reflects the average stride length. Units for the stride length setting are in feet and inches. Press the **+** button to increase the stride length until the flashing digits reflect your stride. Use the **-** button to back up, if needed. (See the photo on page 20.)

## **DID YOU KNOW?**

The NL-1000 resets itself to zero automatically at midnight each night. Your totals are automatically stored in memory.

That is why it is very important to get your clock set correctly, so your activity monitor does not reset at an arbitrary time during the day. Talk about confusing!

## DID YOU KNOW?

If you enter a setting incorrectly and need to back up at any point, press **SET** to advance through the rest of the start-up sequence and start over. The Activity Monitor will remember the values you have already entered.

Use **SET** to record your changes.



Use the **+** and **-** button to change the stride length.

2. Press **SET** to record your changes and advance to Real-time Display Mode.

### ADVANCED FEATURES OF THE NL-1000

Your NL-1000 activity minute timer is automatically set at a threshold of 4 - 9. You may set the lower and upper bounds of the intensity level anywhere from 1 to 9. Any activity performed at an intensity in between and including your chosen bounds will add time to the activity minutes. Note: If you replace the battery at a later time, the activity intensity threshold will default back to 4 - 9.

How to modify the activity intensity level of your NL-1000:

1. Hold the **SET** button down for three seconds to go to the Set Mode.
2. Once you see the clock flashing and "SET" at the bottom of the LCD screen, you are in the Set Mode. Press the **MODE** button and the **SET** button down at the same time.

3. Press the **SET** button.
4. You will see Ac 4-9 appear on the LCD screen.
5. Use the **+** or **-** buttons to increase or decrease the lower bound.
6. Press **SET** again to change the upper bound. Use the **+** or **-** buttons to increase or decrease the upper bound.
7. Press **SET** three times to move through the clock setting and stride length setting screens and return to Real-time Display Mode.

### ***Activity Level and Estimated Corresponding MET Level Equivalents***

	Activity Level	Estimated MET
Light Intensity	1.0	1.8
	2.0	2.3
	3.0	2.9
Moderate Intensity	4.0	3.6
	5.0	4.3
	6.0	5.2
Vigorous Intensity	7.0	6.1
	8.0	7.1
	9.0	> 8.3

## **DID YOU KNOW?**

**People who lose weight at the rate of one to two pounds per week are the most successful at keeping off the weight.**

**To lose one to two pounds per week, you need to burn 3,500 to 7,000 more Calories per week than what you consume.**

**That means your total caloric loss needs to be 500 to 1,000 Calories more than what you consume each day.**

## How to Determine Your Stride Length

When walking, your stride length is the distance from the toe of your front foot to the toe of your back foot (or the heel of the front foot to the heel of the back foot).

Before you can program stride length into your step counter, you must determine your stride length. To do this, you must walk or run a given (measured) distance while counting the number of steps it takes to travel that distance. (Your goal here is simply to find your average stride length.) There are several methods of doing this:

### 1. Lap-Around-Track Method

This is the most accurate method:

1. Go to a college or high school track.
2. Find out the distance of the track. (Most outdoor tracks are 440 yards or 400 meters, although some indoor tracks are 200 meters.)
3. Walk around the inside lane once, counting the number of steps you take. (Or, let your step counter do the counting for you!)
4. Convert from meters to feet, if necessary.

*A 440-yard track is 1,320 feet, a 400-meter track is 1,312 feet, and a 200-meter track is 656 feet.*

5. Divide the length of the track (in feet) by the number of steps you took.

*Example: Terry took 520 steps around a 400-meter track. The track equals 1,312 feet.  
 $1,312 \text{ feet} \div 520 \text{ steps} = 2.52 \text{ feet per step}$   
 Terry's stride length = 2' 6"*

## TIP:

**The most accurate way to measure your stride length is to figure out how many steps it takes you to walk a measured distance.**

**You can measure a distance using your car, but it won't be as accurate as using a track. You can also use a treadmill if it's calibrated accurately (which isn't always the case).**

6. Convert the whole number and decimal to feet and inches. For example, 2.84 feet per step is 2' and  $(0.84 * 12 = 10.08)$  10".

## 2. The 10-Steps Method

This method yields quick, fairly accurate results.

1. Mark a starting point on the ground.
2. With the tips of your shoes at the starting point, stand with your feet together.
3. Take 10 steps and stop.
4. Mark your stopping point on the ground (the point at the tips of your shoes).
5. Measure the distance traveled (in feet).
6. Divide the number of feet you traveled by 10 (the number of steps you took).
7. Convert the whole number and decimal to feet and inches (for instance  $2.84 = 2' 10''$ ).

## 3. Approximating

This method is the easiest, but least accurate:

### Females

1. Multiply 0.413 by your height in inches.
2. Divide by 12.
3. Convert the whole number and decimal to feet and inches (for instance  $2.84 = 2' 10''$ ).

### Males

1. Multiply 0.415 by your height in inches.
2. Divide by 12.
3. Convert the whole number and decimal to feet and inches (for instance  $2.84 = 2' 10''$ ).

# USING MEMORY MODE

Your Activity Monitor stores seven days of steps, distance, and activity minutes. This feature is nice for those who want to compare current activity levels to what was accomplished earlier in the week.

To access this mode, press the **MEMORY** button.

## DID YOU KNOW?

When in Memory mode, the display continues to flash until one of the following happens:

- You press **MEMORY** to advance to the next day in memory. (You must go all the way through the **MEMORY** sequence before returning to Real-time Display.)
- You don't press any buttons. After one full minute of being left alone, the Activity Monitor will return to the Real-time Display mode.

### Steps

When your indicator arrow is on **STEPS**, your display shows two pieces of alternating, flashing data: the day and the number of steps accumulated for that day.



A single digit will flash, signifying which day is being displayed. 1 = yesterday, 2 = two days ago, 3 = three days ago, etc.

The next flashing number is the total number of steps accumulated on that day. Press **MEMORY** to advance to the next day.

For example, if today is Monday, then "1" would be Sunday, "2" would be Saturday, "3" would be Friday, etc.



After the display shows Days 1 through 7, the display changes to **ALL** and flashes your total steps for the week.

## Distance

When your indicator arrow is on **DIST**, you'll see two pieces of alternating, flashing data: the day and the distance accumulated for that day.



A single digit will flash, signifying which day is being displayed. 1= yesterday, 2 = two days ago, 3 = three days ago, etc.

The next flashing number is the distance accumulated on that day. Press **MEMORY** to advance to the next day.

For example, if today is Monday, then "1" would be Sunday, "2" would be Saturday, "3" would be Friday, etc.



After the display shows Days 1 through 7, the display changes to ALL and flashes your total distance for the week.

## TIP:

The NL-1000 activity monitor can display only 199,999 total steps for a single day or entire week.

Though it is unlikely that you will walk over 200,000 steps in one week, if you do, the total will stop at 199,999.

Don't worry, you can still add your previous 7 days of data by hand. (You may also want to replace those sneakers!)

## DID YOU KNOW?

When looking at your Activity Minutes total for the entire week, your Activity Monitor displays the hours and then minutes, separated by the letter 'h'. A reading of 3h30 means the previous 7 days' total is 3 hours and 30 minutes, for example.

### Activity Minutes

When your indicator arrow is on **ACT MIN**, your display shows two pieces of alternating, flashing data: the day and the activity time spent at or above moderate intensity that day.



A single digit will flash, signifying which day is being displayed. 1= yesterday, 2 = two days ago, 3 = three days ago, etc.

For example, if today is Monday, then "1" would be Sunday, "2" would be Saturday, "3" would be Friday, etc.



The next flashing number is the total activity minutes accumulated on that day. Press **MEMORY** to advance to the next day.



After the display shows Days 1 through 7, the display changes to ALL and flashes your total accumulated activity hours and minutes for the week.

# HOW TO WEAR YOUR ACTIVITY MONITOR

For accurate and reliable readings, you must wear your activity monitor correctly. This section points out ways you should and should not wear your activity monitor.

It's essential that you take a few minutes at first to experiment with its position on your body so you'll have accurate results.

## How to Wear Your Activity Monitor

Situation	Instructions
<p data-bbox="346 206 555 297"><b><i>Wearing a belt or clothing with a waistband</i></b></p> 	<ol style="list-style-type: none"> <li data-bbox="591 206 959 397">1. With the NEW-LIFESTYLES decal facing out, slide the clip onto a belt, waistband or horizontally hemmed pocket — halfway between your belly button and hip.  <i>Note: The activity monitor clip should be against your body. When you open the door, the screen should face you.</i></li> <li data-bbox="591 623 959 814">2. If you purchased the optional security strap, attach its bulldog clip onto a belt loop, waistband or belt — or to a bunched-up piece of nearby material.  <i>Note: The optional security strap serves as a safety net for your activity monitor.</i></li> <li data-bbox="591 973 959 1096">3. Take the 20 Steps Test (see page 33) to make sure you've placed your activity monitor correctly.</li> </ol>

Situation	Instructions
<b><i>Wearing a dress without a sturdy belt or waistband</i></b>	<ol style="list-style-type: none"><li data-bbox="317 162 688 317">1. With the NEW-LIFESTYLES decal facing in toward your body, slide the clip onto the waistband of your underwear.  <i>Note: The activity monitor clip should face out. (When you open the door of the activity monitor, the door opens toward your body and the screen will not face you.)</i></li><li data-bbox="317 610 688 763">2. If you purchased the optional security strap, attach its bulldog clip onto the waistband of your underwear.</li></ol>

**TIP:**



Do **NOT** carry your activity monitor in your pocket. If it has room to move in the pocket, it's not likely to remain upright, which could affect the accuracy of your step count.

***How NOT to Wear Your Activity Monitor***

This chart outlines some common mistakes people make when wearing their activity monitors. When worn improperly, the activity monitor cannot accurately count your steps.

INCORRECT	CORRECT
 <p data-bbox="347 624 616 786">If you purchased a security strap <b>DON'T</b>, attach your activity monitor by the security strap alone.</p>	 <p data-bbox="663 624 916 786"><b>DO</b> attach it to a belt, waistband or a horizontal pocket on your pants or jeans.</p>
 <p data-bbox="347 1135 595 1202"><b>DON'T</b> wear it near your belly button.</p>	 <p data-bbox="663 1135 885 1202"><b>DO</b> wear it closer to your hip.</p>

## INCORRECT



**DON'T** wear it where your tummy can push it out of place.

## CORRECT



**DO** wear it closer to your side, where your tummy won't interfere.



**DON'T** wear your activity monitor on a slanted pocket.



**DO** wear it on your waistband, a belt or a horizontal pocket (shown above).

### ***The 20 Steps Test***

Follow this procedure to test the placement of the activity monitor on your body. *NOTE: This procedure will reset all information in your monitor except what you entered in the Start-up mode.*

1. Press and hold **SET** for more than five seconds to reset your steps.
2. Walk 20 steps.
3. Check the number of steps registered.
4. If it hasn't registered 19 to 21 steps, move the activity monitor to a different spot on your waistband and repeat until you find the most accurate position for your body.

### ***Factors That Can Affect Your Test***

- **Protruding Tummy** — Your tummy can push your activity monitor out of position.
- **Walking Too Slowly** — You may affect your results if you walk slower than two miles per hour.
- **Walking on Thick Carpet or Scuffing Feet** — A certain gravitational force is required for the activity monitor to register a step.
- **Wearing Unit on a Flimsy Waistband** — In some cases, the waistband will roll and flip your activity monitor forward or upside-down.

# WARRANTY INFORMATION

## *Limited Warranty*

Your NEW-LIFESTYLES NL-1000 activity monitor is warranted to the original purchaser or recipient against manufacturer's defects in materials and workmanship under normal use and conditions, as determined by NEW-LIFESTYLES, for one year from the date of purchase. During the warranty period, NEW-LIFESTYLES will repair or replace your defective activity monitor, or return your money — we choose the most appropriate solution for your situation.

This warranty does **not** apply to **batteries, LCD panels** or damage incurred through misuse, abuse, mishandling, negligence, accident, tampering, unauthorized repair or use in violation of the operating instructions. A few specific examples of things **not** covered by this warranty are breaking the case, breaking the clip, breaking the liquid crystal display, or

**TIP:**

If you're not sure whether an item is covered under warranty, email [help@new-lifestyles.com](mailto:help@new-lifestyles.com) before returning anything.

NEW-LIFESTYLES will not replace units with damage not covered by the warranty, such as breaking the case, clip or LCD, or exposing the activity monitor to water.

exposing the activity monitor to water. Be careful not to get the unit wet, break the clip or drop your activity monitor. **Units with this type of damage will not be replaced.**

To return a defective product under warranty, send it — along with the requested supporting documentation (see below) — to NEW-LIFESTYLES, INC.; 5201 NE Maybrook Rd.; Lee's Summit, MO 64064. We must receive your activity monitor as well as all supporting documentation within the warranty period.

**Warranty Return Form**

In the event that you discover a warranted defect, place the following in a crush-resistant mailer: 1) the activity monitor, 2) this form, 3) your dated sales receipt and 4) **\$8.00 if in the U.S. or \$15.00 if in Canada or Mexico** (for return shipping and handling) in the form of a check or money order in U.S. funds made payable to: NEW-LIFESTYLES, INC.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone number (\_\_\_\_) \_\_\_\_\_

E-mail \_\_\_\_\_

Where purchased \_\_\_\_\_

Purchase price \_\_\_\_\_

Problem with product \_\_\_\_\_

Check # \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

# SETTING GOALS FOR YOUR NEW LIFESTYLE

NEW-LIFESTYLES wants you to be the best you can be. If you've purchased the NEW-LIFESTYLES NL-1000 activity monitor to help you improve your overall health — hooray! But many of you have sought out this product while pursuing a more specific health-related goal, such as:

- Lose weight
- Lower blood pressure
- Decrease stress
- Lower cholesterol
- Fight off osteoporosis



### ***A Note About Strength Training for Women***

When making weight-loss goals, remember to include strength training in your schedule two to three times per week. Many women shy away from strength training because they don't want to "bulk" up. However, for most women, this isn't an issue.

The benefits of weight training are hard to ignore: Stronger muscles burn more calories than weaker ones. Therefore, people who do strength training can eat more without gaining weight.

With the right strength training program, you'll build muscle strength and endurance. Your muscles will be more defined (thus less flabby!), and you will not get tired as quickly when exercising.

Increasing muscle mass also increases bone mineral density, which is important in preventing osteoporosis.

Regardless of your goal, take the time to capture it on paper. People who write down their goals are more likely to achieve what they want.

When defining your goals, follow the road map of SMART goals:

**S Specific:** Specific goals stand a better chance of being accomplished. A goal of “walking more while at work” is troublesome because it’s hard to know what you’re working for. “Walking 4,000 steps while at work” is much more specific.

**M Measurable:** Establish criteria to help you evaluate progress toward goal achievement. One way to make a goal measurable is to ask how you’ll know when it’s accomplished. “I want to walk more” isn’t easy to measure, but “doubling my daily steps” could be measurable.

**A Action-Oriented:** This is the “how” of your goal — your road map to attaining your goal. If your goal is to “develop healthy eating habits,” make it action-oriented by developing subgoals such as “carrying an apple at all times for a snack” or “eating two vegetables per meal” — both of which contribute to healthful eating habits.

**R Realistic:** Set goals that are challenging — yet possible! If a goal is always out of reach, you may get discouraged and quit progressing. Be realistic and you’re more apt to succeed.

A very sedentary person who normally takes 1,000 steps a day might set an initial goal of 3,000 daily steps. After achieving that, she could bump her new goal to 5,000 steps... then 7,000 and finally 10,000!

**T Time-Stamped:** Establish a deadline for goal completion. Be realistic so you don’t set yourself up for failure. “Being able to walk a 15- or 20-minute mile by month-end” has a deadline attached and gives you something to strive for.

## TIP:

Share your goals with people who will be supportive of your efforts — and then celebrate your accomplishments together!

## TIP:

Review your goals frequently. You may find you achieve your goals a lot faster than you thought and that you need to create new ones!

### **Sample SMART Goals**

Here are a few examples of SMART goals you can model your own goals after:

- “I want to lose 10 pounds by the end of June by walking and increasing my daily physical activity. I will burn at least 3,500 activity calories per week through walking and strength training. I will also eat five servings of fruits and vegetables each day between now and June.”
- “To lose a pound a week, I want to increase my daily total caloric expenditure from 1,500 to 2,000, while maintaining my current caloric intake. I will walk to and from lunch instead of driving over the next month. I will also use the stairs instead of the elevator whenever stairs are an option. If I have not burned at least 2,000 calories by the time I get home each evening, I will take my dog for a walk around the neighborhood until I hit my goal.”

### **Your Goals**

Use this space to write out your goals. Be sure to date your goals. (This is helpful when you revisit your goals later!)

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## Steps and Activity Minutes Log

Here's a place to record your daily steps and MVPA (moderate-to vigorous physical activity) minutes. We encourage you to record your daily totals to help you measure your progress toward your goals. It also can be very motivational to look back over your progress and see where you started!

See our website at [www.new-lifestyles.com](http://www.new-lifestyles.com) for our other great products, including activity logging systems. We have paper charts, calendars, and online tracking systems like [www.everystepcounts.com](http://www.everystepcounts.com)

## TIP:

Get an idea of how many steps you average on a normal day. Then work slowly toward your goal. You can do it!

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 1	STEPS							
	MVPA MIN.							
WEEK 2	STEPS							
	MVPA MIN.							
WEEK 3	STEPS							
	MVPA MIN.							
WEEK 4	STEPS							
	MVPA MIN.							

# SETTING GOALS FOR YOUR NEW LIFESTYLE

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 5	STEPS							
	MVPA MIN.							
WEEK 6	STEPS							
	MVPA MIN.							
WEEK 7	STEPS							
	MVPA MIN.							
WEEK 8	STEPS							
	MVPA MIN.							

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 9	STEPS							
	MVPA MIN.							
WEEK 10	STEPS							
	MVPA MIN.							
WEEK 11	STEPS							
	MVPA MIN.							
WEEK 12	STEPS							
	MVPA MIN.							

# SETTING GOALS FOR YOUR NEW LIFESTYLE

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 13	WVPA STEPS							
	MVPA MIN.							
WEEK 14	WVPA STEPS							
	MVPA MIN.							
WEEK 15	WVPA STEPS							
	MVPA MIN.							
WEEK 16	WVPA STEPS							
	MVPA MIN.							

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 17	WVPA STEPS							
	MVPA MIN.							
WEEK 18	WVPA STEPS							
	MVPA MIN.							
WEEK 19	WVPA STEPS							
	MVPA MIN.							
WEEK 20	WVPA STEPS							
	MVPA MIN.							

# SETTING GOALS FOR YOUR NEW LIFESTYLE

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 21	STEPS							
	MVPA MIN.							
WEEK 22	STEPS							
	MVPA MIN.							
WEEK 23	STEPS							
	MVPA MIN.							
WEEK 24	STEPS							
	MVPA MIN.							

		Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
WEEK 25	STEPS							
	MVPA MIN.							
WEEK 26	STEPS							
	MVPA MIN.							
WEEK 27	STEPS							
	MVPA MIN.							
WEEK 28	STEPS							
	MVPA MIN.							