



MOVEMENT WORKS

## W4L™ MVP 4 Function Digital Pedometer

**How To Wear Your Pedometer:** Place the pedometer on the waistband of your clothing or belt. Position it close to the midline of your thigh in an upright position. It should fit snug to your body and not hang loose. The pedometer needs to be completely closed to function properly.

W4L™ pedometers feature a delayed reset button. Reset Button should be pressed gently with the pad of finger and held for approximately 2 seconds to clear.

■ **To Activate:** Press the RESET button until display is visible.

■ **Step Count:** Press the MODE button until STEP appears on the right. Press and hold the RESET button until a zero appears; you are now ready to begin walking.

■ **To Set Your Stride Length (for accurate distance measurement):**

1. Measure a 30 ft distance. Mark the starting and finishing line.
2. Count the number of steps it takes you to walk the 30 ft. Walk at your normal pace (the pace you think you use most throughout the day).
3. Find your step number and the corresponding stride length (in feet and inches):.



### Step Number and Corresponding Stride Length

7 = 4'03"	11 = 2'09"	15 = 2'00"	19 = 1'07"
8 = 3'09"	12 = 2'06"	16 = 1'11"	20 = 1'06"
9 = 3'04"	13 = 2'04"	17 = 1'09"	21 = 1'05"
10 = 3'00"	14 = 2'00"	18 = 1'08"	22 = 1'04"

Press the MODE button until MILE appears on the right; stride is displayed in feet and inches. Press the SET button once to activate, then press and hold down the SET button until your stride length appears on the display. Release the SET button; your stride is now entered.

■ **Understanding the Step Filter (affects step count)**

The "Step Filter" counts a specified number of steps before actually incorporating them into the total step count. (i.e. step filter is set to F-3" and 2 steps are taken, then stops moving, those 2 steps will not be added to the total step count.) The "Step Filter" helps eliminate false steps that occur in a variety of situations such as; traveling in a car, shifting in a chair, sitting down and getting up. Depending on what the pedometer is used for, research or personal use, a step filter may or may not be desired.

1. Push the MODE button until "STEP" appears on the right..
2. Hold down the SET button for three seconds. The display will show "F-3." Push the SET button again and it will show the next value which in this case would be "F-5." Push the SET button once more and it will cycle to "F-0."
3. Release the SET button and it will revert back to the step display in 10 seconds and the new value will be stored.

"F-0" = no step filter (all steps are counted)

"F-3" = three consecutive steps (**default FACTORY Setting**)

"F-5" = five consecutive steps

**MODE** button moves you between **STEP** counter, **MILE**age counter, **MVPA/Bouts** Counter and **Act Time** counter.

**SET** button used to program Step filter and Lock Code (STEP mode), Stride Length (MILE mode), Steps Per Minute and Bouts of Activity (MVPA mode).

**RESET** button. Press and hold for 3 seconds to clear. All counters are cleared when pedometer is reset.

Programmed data is NOT erased, such as; step filter, lock code, stride length, weight, steps per minute, and bout length.

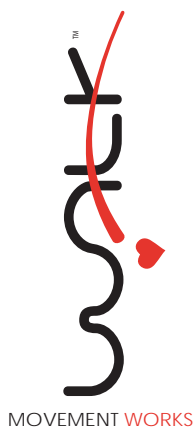
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### ■ Setting your MVPA Threshold

This pedometer will allow you to measure moderate to vigorous physical activity (MVPA). Most experts agree MVPA activity offers the most health benefits. This pedometer is user adjustable so that you can set the threshold for MVPA based on your steps per minute (SPM). In other words, when you move at a speed over your selected SPM threshold, you will accumulate time on the “MVPA time” counter and the Activity time counter. When you move at a slower speed than your selected threshold, you will only accumulate time on the “Act time” counter. Since people walk at an infinite number of speeds, you will have to identify your MVPA threshold is.

### Follow the steps below to determine how fast you must move (SPM) to achieve MVPA:

1. Take a short walk (2-3 minutes) to warm up and get ready for MVPA.
2. After the warm up, increase your speed to a brisk walk (the current ACSM definition of MVPA). When you have identified what you think is a brisk walking speed for you, go to step 3.
3. Put your pedometer in STEP mode, clear it, and walk briskly for 1 minute. At the end of the minute, stop, open the pedometer, and read the number of steps you have accumulated while walking. This will be the MVPA threshold level in steps per minute .
4. Set pedometer to the MVPA level that most closely approximates your MVPA level found in step 3. The pedometer can be set in intervals of 10 starting with a low value of 70 SPM to a high value of 150 SPM. Round off your SPM count to the nearest value.
5. All activity that you accumulate over your MVPA threshold level will accumulate in the “MVPA time” counter.

After identifying your MVPA threshold, you must enter that value into the pedometer. Press the MODE button until “MVPA time” appears. Quickly, press the SET button to enter the SPM screen. It will show the level and number of steps per minute i.e., 5-110. Continue to push the SET button until the desired value is reached. There are 9 levels from which you can choose.

### ■ Setting the Length of Continuous Activity Bouts

The activity guidelines for adults stipulate that they should accumulate 30 minutes of MVPA physical activity on most days of the week. For children, the guidelines stipulate 60 minutes or more of MVPA. In addition, some of the MVPA activity should be accumulated in continuous bouts of MVPA (without stopping). For adults, the recommended length of continuous activity bouts is 10 minutes and for children 15 minutes. The pedometer will measure continuous bouts of MVPA activity. The length of bouts can be set from 5 to 20 minutes in intervals of 1 minute.

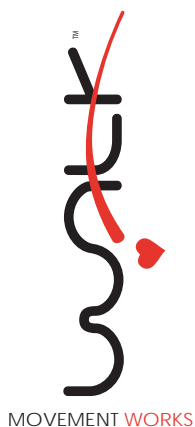
To set the length of your continuous activity bouts, press the MODE button until “MVPA time” appears. Press and hold the SET button to enter the bouts screen. You can enter a value of 5 to 10 minutes by pressing the SET button.

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### ■ To Set Your Weight (for accurate caloric burn measurement):

Press the MODE button until the word KCAL appears on the right. Press the SET button once to activate, then press and hold the SET button until your appropriate weight appears on the display. Release the SET button; your weight is now entered.

### ■ To Operate Activity Time: Press the MODE button until "ACT TIME" appears on the right (i.e., 00:00:00, representing hours, minutes and seconds.) Activity Time is designed to calculate your total movement time, so it will record ONLY when you are moving. To clear, press and hold the RESET button.

### ■ Error Code: An error message shows when the pedometer exceeds 190 steps per minute for 1 minute or more. The letter "E" shows on the screen mask if the criterion is met. The purpose of this code is to help eliminate shaking the pedometer by hand. The "E" code alerts the researcher or teacher that there is a chance the pedometer was not used properly.

### ■ Locking Code

1. Push the MODE button until you are in the step mode.

#### 2. TO LOCK

Press and quickly release the SET button. The display will show five flashing hyphens (- - - - -).

To enter a lock code, any combination of numbers 1, 2, and 3 can be used. To enter a code number, the MODE button will enter the number 1, the SET button number 2, and the RESET button number 3. Thus, if the buttons are pushed in the following order: MODE, SET, RESET, MODE, SET, the combination will be 12312. Once 5 numbers are entered (within 10 seconds), the letter "L" will display in the lower left-hand corner of the display indicating that the pedometer is locked and cannot be reset. (**Note:** Please record and store locking code in a secure place.)

#### 3. TO UNLOCK

Press and quickly release the SET button. The display will show five hyphens. Enter the combination that was entered to lock the pedometer. The display will flash and the "L" in the lower left-hand corner of the display will disappear. The pedometer can now be reset.

**NOTE:** Removing the battery will also reset the pedometer.

### ■ Battery Conservation

Walk4life pedometers are "green friendly" helping the environment by preserving battery life. If the pedometer is inactive for 5 minutes, it will automatically turn off and a blank screen is displayed.

**To reactivate:** Simply walk or move the pedometer and the unit will resume counting.

(**Note:** No data is lost during this period.)



### Caring for your Pedometer

- Avoid dropping or crushing, which could break the crystal.
- Avoid excessive moisture. Walk4Life Pedometers are not waterproof.
- Avoid forcing the pedometer clip onto belt or pant waist, which could cause the clip to break.
- Change the battery when the digital display becomes faded or blank.