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A man is tying his laces while wearing a fitness tracker. Image Credit: Kuzmik_A/iStock/Getty Images When you're aiming to lose weight or just get in better shape, walking can be one way to do it, whether it be walking on a treadmill or going out for a stroll on your lunch break. But if you want to get a sense of how much walking you're doing throughout the day, you may want to use a pedometer. Like most pedometers, the Omron brand pedometer requires you to enter in some basic information before use, so that you'll get a more accurate reading of the steps you've taken. Measure Stride Length Step 1 Draw a chalk line on the ground and then set the back of one foot against the line. Step 2 Walk 10 steps, using your normal stride length, and then make a mark at the front of your toe after the 10th step. Step 3 Measure the distance between the two marks in inches. Step 4 Divide the number by 10 to arrive at your stride length. Then convert that number to feet and inches, keeping in mind that 12 inches represents 1 foot. For example, if your stride length was 16 inches, you'd represent that number as 1 foot 4 inches. Step 1 Put a fresh battery into the device by removing the back cover with a small screwdriver, pulling out the old battery with a thin stick and then setting a new battery in the battery slot with the "+" side facing upward. Replace the battery cover and tighten the screw. This will cause the device to turn on and display a flashing time indicator in the bottom left corner of the screen. If you don't need to replace the battery yet, you'll still need to remove the battery, as that is how you refresh the data on the device. Step 2 Press the "Memo/up arrow" button to move up to the current hour. Look at the AM/PM indicator to the left of the time and set the time to the correct time of day. Press "Set" when the correct hour is displayed. Then press the "Memo/up arrow" button again to set the minutes to the correct time. Press "Set" when the correct minute is displayed. Following that, the weight indicator will flash in the top right corner of the screen. Step 3 Press the "Memo/up arrow" button until your correct weight, in pounds, appears on the screen. Then press the "Set" button to set that weight. Following that, the stride length indicator will display in the top right corner of the screen. Step 4 Press the "Memo/up arrow" button until the correct stride length is indicated on the screen, in feet and inches. If your stride length was 16 inches, you should have 1.04 displayed on the screen. Press "Set" when you've arrived at the correct number. Step 5 Clip the pedometer onto your belt or put it in a front pocket to begin counting your steps. Press the "Set" button and hold it down for 2 seconds to change the time, weight and stride length settings. Pressing "Set" again will move on to the next setting, so if you don't have to change the time but you want to change the weight, press and hold "Set," and then press "Set" once again to skip over the time setting. Walking 10,000 steps per day can put you in the "active" category, but that number may not be right for everyone, suggests a study conducted at Arizona State University. The number may be too high for elderly people, and too low for children -- so if you're concerned about health, it's best to get a recommendation from your doctor. 1 Getting Started with your Omron HJ720ITC GoSmart™ Pocket Pedometer and Microsoft® HealthVault™ Welcome!

This guide will show you how to set up your Omron Pocket Pedometer (Model HJ-720IT) to work with Microsoft HealthVault.   With this guide, you will: Page 2 2 Step 2: Get ready to use your Pedometer with HealthVault ¾ If HealthVault Connection Center is not running on your computer, please start it and sign in to your account. Connection Center then will open to a screen showing your device(s). ¾ Select the Omron Pedometer device picture on the left hand side of HealthVault Connection Center ¾ If you do not see a picture of your device in Connection Center, select Set up a new device and follow the on-screen instructions.

Step 3: Connect your Omron Pocket Pedometer to your computer and upload your reading to HealthVault ¾ Find the USB cable that came with your Pedometer. ¾ Plug the small end of your USB cable into the slot on your Pedometer that's marked with the USB symbol. ¾ Plug the large end of your USB cable into your computer. ¾ The symbol "PC" will appear on the Pedometer display when the USB cable is successfully connected to the computer. NOTE: Do not unplug the USB connector during uploading of the measurement data.

HealthVault Connection Center will sense when your device has been connected to your computer and will prompt you to upload your test reading.   ¾ Follow the Connection Center on-screen prompts. You will see confirmation when your upload is complete. At that point you may unplug your Pedometer from your computer.

To see your reading in your HealthVault account: ¾ Open your Internet browser and go to Healthvault.com. (You will be asked to sign in if you haven't accessed your account in the past 20 minutes.) ¾ Click your Health info tab.

Whenever you have new readings from your device, you can follow the same steps to upload them to HealthVault and better manage your health and fitness.   Page 3 3 For further help using your Omron Pocket Pedometer with HealthVault: ¾ Go to the Troubleshooting guide ¾ Refer to the printed instructions that came with your device ¾ Phone Omron Customer Service: 1 (800) 634-4350 ¾ Go to

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