

*MyStride*

LifeSpan™

Activity Monitor



Owner's Manual

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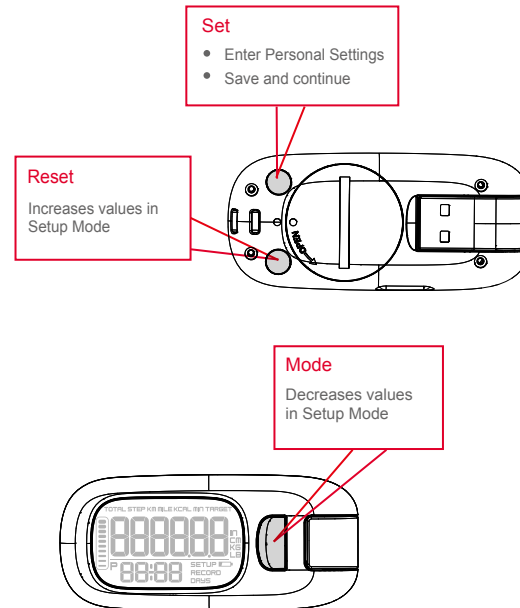
Thank you for choosing the LifeSpan MyStride!

The MyStride activity monitor combines the functions of a pedometer with the LifeSpan Fitness Club, an online program allowing you to visually track your progress and fitness/health goals. Uploading is simple and easy. Your MyStride syncs with your computer and automatically transfers your activity into your account.

Your MyStride uses the latest 3D sensing technology to give you more accurate readings wherever you choose to wear your MyStride. The 2-line display shows: current time, daily steps, a daily step progress bar, calories burned, distance traveled, total steps and the previous day's steps.

To get the most out of your MyStride, carefully read this manual and keep it on hand for later reference. To learn how to get the most out of your account, read the Success Guide.

## BUTTON FUNCTIONS FOR SETUP



## SETUP YOUR MyStride

For your MyStride to operate accurately, you will need to adjust some settings before using it. Use the instructions below to set:

- Time Mode (12 or 24 Hr clock)
- Current Time (Hour, Minutes)
- Date (Year, Month, Day)
- Unit of Measure
- Stride Length
- Weight
- Daily Step Count Goal

**Before you begin the setup process, know your stride length (see page 08), weight and target step goal (see page 09).**

### 1. Time Measurement (12 or 24 Hr clock)



Turn on the MyStride by gently shaking it. Make sure you are in Step mode; press the **Mode** button until STEP is displayed at the top of the screen.



Press and hold the **Set** button for three seconds until '12 Hr' is flashing on the display. Press **Set** to select 12 hour time, or press **Mode** to display '24 Hr' then Set to select 24 hour time.

### 2. Current Time (Hour, Minutes)



The time-of-day hour will then flash. Press the **Reset** button to increase the hour and the **Mode** button to decrease the hour. If 'P' displays next to the left of the hour, this indicates PM. If nothing is present the time is AM. Press **Set** to save the desired hour.



Adjust the minutes in the same way as you did the hour, and press **Set** to save the minutes.

### 3. Date (Year, Month, Day)



Set the year, month, and day using the same process. Press **Set** to save.

### 4. Unit of Measure



Next, choose your desired unit of measurement (metric or English units) Press the **Mode** key to toggle between the options and press **Set** to save.

### 5. Stride Length



Enter your stride length. The default setting is 30 inches, or 80 centimeters. See page 08 for instructions on determining your stride length. Press



**Reset** to increase the default stride length displayed or **Mode** to decrease, then press **Set** to save the desired stride length.

### 6. Weight



Enter your weight. An accurate weight (including normal exercise clothing and shoes) will more accurately estimate calories burned. Adjust your body weight by pressing the **Reset** and **Mode** buttons, then press **Set** to save.



### 7. Daily Step Count Goal

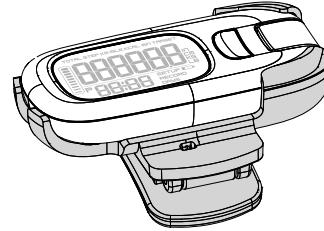


Set your daily step count goal (reference page 09) by pressing the **Reset** and **Mode** keys to increase or decrease the number displayed, then press **Set**.

This completes the setup.

## USING YOUR MyStride

For best accuracy, wear your MyStride with the provided clip attached to the front of your pants and walk at a steady pace. Your MyStride can also be worn in a pocket or clipped onto any other article of clothing. We recommend you test out different locations to see what is most comfortable and accurate for you.



Attach MyStride to clip as shown to ensure it's secure

To save battery life, the LCD display automatically turns off after no step input or keystrokes for more than three minutes; however, step counting is still active.

### Note!

Although your MyStride begins counting steps right away, your first ten steps will not display immediately. As soon as you reach eleven steps the display will correctly show all steps taken, including the first ten.

## MEASURING YOUR STRIDE LENGTH

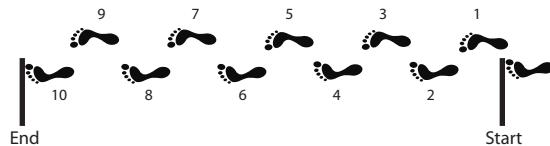
Your stride length is defined as the distance you cover, on average, with one step. A typical stride length is about 30 inches, or 80 centimeters (the default values are preset in your MyStride).

To measure your stride length, you'll need a tape measure. Find a place where you can walk ten steps in a straight line.

Walk ten steps at your normal speed. Measure the distance between your start and end points, and divide by ten. This is the stride length to enter in "Setup Your MyStride" found on page 06. This measurement will need to be in either inches or centimeters.

**Formula:** (end point - start point) / 10 = stride length

Measure toe to toe for 10 steps



## DAILY STEP COUNT GOAL

To live healthy and reduce chronic disease risk, the American Heart Association recommends walking 10,000 steps a day. For effective weight loss, consider walking 12,000-15,000 steps, and for a high level of fitness, walk at least 30,000 steps a day.

The vertical graphic on the left side of the screen indicates the progress you've made toward your daily step count goal. A horizontal bar displays each time you reach one tenth of your goal. When you have reached your goal, all ten horizontal bars will flash in the progress bar.



To set your daily step count, refer to page 06 of the manual ("Daily Step Count Goal").

## VIEWING YOUR RESULTS

To view your results, press the **Mode** button to toggle through the readings. You can reset the readings at any time by holding the **Reset** button for 2 seconds.



**Step:** Number of steps you have taken today.

**Total Steps:** Total number of steps taken as recorded and currently stored in your MyStride (includes up to 7 days of readings). If your total step count reaches 99,999, you will need to reset your count by holding down the **Reset** button.

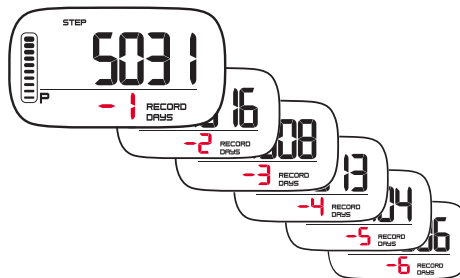
**Daily Step Progress Bar:** Progress you've made toward completing your daily step count goal.

**Distance:** Miles or kilometers you have traveled during the selected day.

**Calories:** Number of calories you've burned during the selected day.

**Exercise Time:** Time in minutes you have exercised during the selected day.

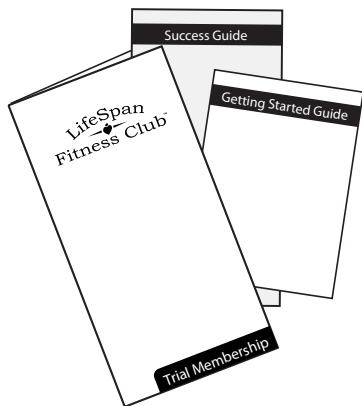
**Previous Day's Steps:** The display shows "-1" followed by the number of steps you took the last day you used your MyStride. To view up to 6 days of history, press the **Reset** button to toggle between days (-1 through -6 will be displayed). Press the **Set** button to toggle between distance, calories burned and step count for the selected day.



## LIFESPAN FITNESS CLUB

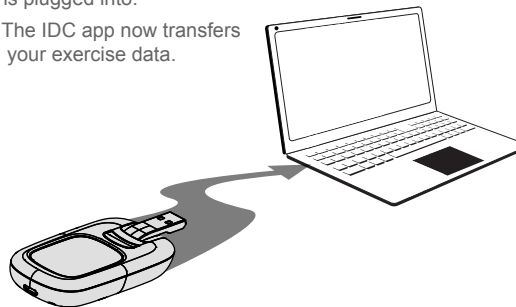
### Step 1: Setting up your online account

Your MyStride includes a Trial Membership Kit to the LifeSpan Fitness Club. This membership kit includes a Success Guide and Getting Started Guide. Your Getting Started Guide includes a membership number to enroll into your account. Follow the steps in your Getting Started Guide to enroll in your online account prior to Uploading your results from your MyStride.



### Step 2: Uploading your results

1. Unfold the USB connector on the MyStride.
2. Plug the MyStride USB connector into a USB port on your computer.
3. Start the IDC communications app by clicking on the IDC icon on your desktop or app folder.
4. Log in to your account.
5. Click Select USB drive. Choose the drive your MyStride is plugged into.
6. The IDC app now transfers your exercise data.



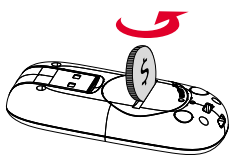
#### Note!

It is best to sync your MyStride regularly, as this will allow for a more detailed summary of your activity and progression. Your MyStride holds up to 7 days of data.

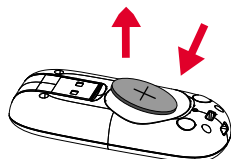
## BATTERY REPLACEMENT

Use a coin to unscrew the battery compartment cover on the back of the pedometer. Remove the old battery and replace with a new 3V lithium battery of type CR2032. Make sure the positive (+) side of the battery faces up toward the cover. Replace the cover, make sure the two dots are lined up and lock into place with a coin.

Remember to do the setup procedure after replacing the battery.



1. Unscrew the battery cover with a coin.



2. Press one end of the battery with fingertip to bounce the battery.

### Note!

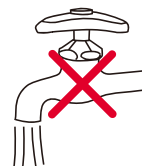
The old battery should be recycled. Do not dispose of the old battery in a fire.

## CARE AND MAINTAINENCE

1. Carefully read this owner's manual for operations prior to use.
2. Protect from extreme heat, shocks, and long-term exposure to sunlight.
3. This device is not weatherproof. Please do not immerse in water. If the device gets wet, quickly wipe it dry. **In case water gets inside, remove the battery cover and the battery to drain the device and let it air dry.**

Do not use the device until the inside dries completely.

4. Keep out of reach of young children.



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### SPECIFICATIONS

#### Measurement Range

Steps	0 ~ 99999 steps
Calories	0 ~ 9999.9 Kcal
Distance	0 ~ 99.99 (km or miles)

#### Setting Range

Year	2000 ~ 2099
Weight	20Kg ~ 227Kg (50lb ~ 500lb)
Stride Length	30cm ~ 213cm (12in ~ 84in)

Step Accuracy	+/- 5%
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Battery	One 3V CR2032 Lithium Battery
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Battery Life	4 months (depending on usage)
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Operating Temperature	0°C ~ +50°C (32°F ~ 122°F )
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Storage Temperature	-20°C ~ +60°C (-4°F ~ 140°F )
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Memory	7 days
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USB Version Support	2.0 full speed
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External Dimensions	68mm x 31mm x 12.5mm
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Weight of Product	20 grams
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# LifeSpan™

Made in China  
[www.LifeSpanFitness.com](http://www.LifeSpanFitness.com)