



USB PEDOMETER

Track your Activity and Calories Burned



ION Health
USB Pedometer
software included



The easiest way to measure and track your total fitness.

The ION HEALTH USB PEDOMETER is the easiest way to attain your fitness goals. Simply carry it with you. As you exercise, the total distance you travel and calories you burn are recorded within the pedometer. The ION USB Pedometer's Any-Wear system makes full use of its included accelerometer technology. The light, compact USB Pedometer can be carried around your neck, in a bag, pocket or anything else to allow a tremendous amount of flexibility and convenience. No special equipment or positioning is required for the ION USB Pedometer to accurately track your distance and calorie loss.

With the ION HEALTH USB PEDOMETER, you can also set a target for the amount of exercise you need to meet your fitness goals. If you meet your target, an alarm on the pedometer will go off and you can relax and enjoy the rest of the day knowing you're on your way to getting the results you want.

Plug the ION HEALTH USB Pedometer into your computer and your progress is uploaded to the included software. Track your results the easy way. You can also stay on track by sharing your results with family and friends via email.

When it comes to your health, don't guess. Make sure you're on track and meeting your fitness goals with the ION HEALTH USB PEDOMETER.

Key Features:

- Reads and stores total distance traveled and calories burned for up to seven days in internal memory
- Extremely portable design fits easily into any pocket and bag, or can be worn around the neck
- Set a daily activity target on the pedometer and an alarm will sound when it has been reached
- Convenient USB connection allows data to be quickly uploaded directly to a computer
- Store, print and email your activity information to monitor your fitness goals more effectively

Specifications

Measurement Type and Range: 3-axis 3D Accelerometer

Connectivity: USB 1.1 connectivity for use with Ion software

System Requirements: Windows XP, Vista, Windows 7

Power Usage: Watch battery included!