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attaching the pedometer The unit may be placed in the upper front pocket of your clothing, in the front pocket of your pants, in a bag, or attached to your belt

#### Pocket Pedometer Model HJ-112 - Omron Healthcare Wellness ...

Your Omron pedometer is a fitness accessory used to provide a great amount of information about your activity. The pedometer displays a history of the number of steps you take, the amount of time you walk, the distance you travel and an approximation of the number of calories you burn.

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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.

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