

OMRON



An Active Life

Information Leaflet for Consumers

A Good Sense of Health



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FOREWORD

Prof. Dr. Ingo Froböse

University professor for prevention
and rehabilitation in sport,
at the German Sport University Cologne



Dear Reader,

Hard work pays off! Exercise prevents typical lifestyle diseases, such as obesity, high blood pressure, diabetes, arteriosclerosis, osteoporosis or back pain, and strengthens the cardiovascular system. At the same time we improve our mental performance and reduce stress levels with every step, feel better about ourselves and stay longer young.

However, it is a fact that we exercise too little. For example, one third of Germans either rarely partake in physical activity, or do no exercise what-so-ever. But bones, joints, muscles, organs and the heart need exercise to stay healthy. It doesn't need to be a world-beating physical effort. It is quite sufficient to introduce a bit of movement to your daily life. We recommend 10,000 steps per day to strengthen body and soul.

This brochure informs you about the advantages of leading an active life, and gives you tips and ideas on how to introduce exercise in your daily life. Our many practical exercises as well as a step diary assists you to get started, and help you to keep it up – to feel better about yourself and improve your quality of life.

We hope you enjoy reading the brochure.

A handwritten signature in black ink that reads "Ingo Froböse". The signature is written in a cursive, flowing style.

Sport is healthy and fun. The best thing is: it is never too late to start. However, this does not mean that you should only start exercising when you start having problems. It is best to lay the foundations for an active and healthy life as early as possible.

• Risks of Too Little Exercise

It is a fact: We don't do enough exercise! Our modern lifestyle is to blame for this. It is too easy for anyone not deliberately participating in sporting activities to reduce their exercise to a minimum. We take the car rather than walking, avoid stairs where lifts are available, and prefer to spend sunny days sitting in a chair reading a book rather than going cycling or for a walk. That is all well and good, but we need to know: without exercise, we might become ill.



More overweight people live in Germany than in any other European country. This sad record made headlines in April 2007. An international study established that three quarters of men and more than fifty percent of women are overweight.

According to information supplied by the World Health Organisation (WHO), over two million people die in the world each year due to lack of exercise, an unbalanced diet, and being overweight. This deadly trio is responsible for many chronic illnesses, such as high blood pressure, diabetes, arteriosclerosis, muscular and skeletal illnesses, and heart diseases.

In Germany alone, the treatment of civilisation diseases results in approximately 70 billion Euros per year.

Particularly alarming, is that more and more children are overweight. Over the last 20 years, the number of fat and even obese children and young people has doubled. In the past they used to play around outside, playing catch, or climbing trees, today they spend the majority of their time in front of the television or computer. This has fatal consequences on their development! Exercise is more important in the early stages of childhood than at any other age. Insufficient use of bones, bowels, joints and muscles while the child is growing can result in long-term damages. For many inactive people, it also affects the development of mental and psycho-social skills, as children primarily experience and learn about their environment through movement.

A voyage of discovery. For children, physical activity is all about fun and games. However, they still need the appropriate opportunities, space and role models!

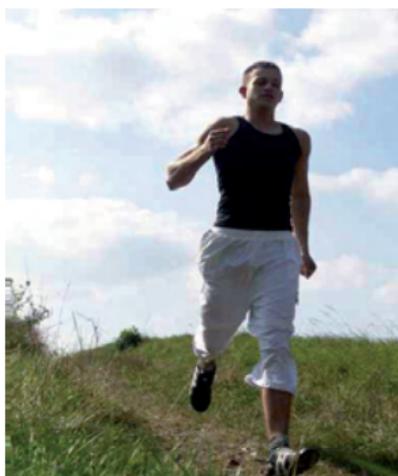
Sport helps you stay fit at any age. Studies substantiate that memory capacity deteriorates faster in the elderly if they were never active, or are no longer active. A healthy mind works best in a healthy body.

So, if you are one of the couch potatoes, it is time to get on your feet and start exercising. Those who are very active and regularly partake in sporting activities lead healthier and better lives.



• 10 Good Reasons to Exercise More

The human body is designed in such a way that it needs exercise to stay fit and healthy. Without exercise, muscles, bones and organs deteriorate. Together with endurance, strength and mobility should also be trained.



Any physical activity that lasts longer than 20 to 30 minutes, and requires a low to medium pulse rate, is classed as an endurance sport. Examples of endurance sports include jogging, Nordic walking, cycling, swimming or hiking.

1. Fill Up With Oxygen

Any form of exercise increases the oxygen intake. Heavier breathing is a clear sign of this. Even a brisk walk for half an hour can quadruple your oxygen intake. The arteries and veins expand, allowing more blood and, therefore, more oxygen to be transported to the muscles. The more oxygen available, the better the cells convert carbohydrates and fat into energy. However, this only functions if the physical exercise lasts longer than 20 to 30 minutes, and requires a low to medium pulse. Because all cells need oxygen – including the brain –, sport also improves concentration.

2. Strengthen Your Cardiovascular System

It may sound like a paradox, but regular exercise preserves the heart, which works more economically in the long run. Gentle endurance training increases the volume of the heart. This is because every heartbeat pumps a larger quantity of blood

through the body. This regulates the resting pulse rate and blood pressure. You should, however, avoid overworking the heart! Run only at a pace at which you can still hold a conversation. Even moderate exercise reduces the risk of heart attacks by 30 percent. After only a few weeks you will notice that you do not tire so quickly, and can breathe better.

3. Stimulate Your Metabolism

Because the body consumes more energy when exercising, lipid and sugar metabolisms are stimulated. In combination with weight loss the blood sugar level and „bad“ LDL cholesterol are reduced. LDL cholesterol is the primary cause of arteriosclerosis. Exercise also increases the „good“ HDL cholesterol - those proteins that work against arteriosclerosis, as they remove excess cholesterol from the blood.

METABOLIC SYNDROME

More and more people are putting their health at risk due to the simultaneous occurrence of excess weight, increased blood lipid values, diabetes and high blood pressure. Metabolic syndrome refers to the occurrence of at least two of these civilization illnesses at the same time. The individual factors alone damage blood vessels and can lead to arteriosclerosis. A combination of these factors significantly increases the risk of suffering a heart attack or stroke. The first indication of a metabolic syndrome is an abdominal girth greater than

80 cm for women*

94 cm for men*.

If you are above this measurement, you should measure your visceral fat!

** Values for specific ethnic groups, according to the International Diabetes Federation (IDF), 2006*

VISCERAL FAT

Not all fat is the same: While the layer of fat under the skin simply results in us looking fat, the inner, visceral fat represents a serious health threat. It prefers to encase the heart, liver and pancreas. This increases blood lipid levels, blood sugar levels and blood pressure. However, a classic diet is the wrong way to reduce fat. This is because you primarily lose water and reduce the external fat. You may look thin, but the risk of a metabolic syndrome still remains. The only way to tackle organ fat is through regular exercise and a change of diet.

The question of how to recognise this still remains. A standard set of weighing scales is no help to you here, as they will not necessarily display lower figures when you start exercising. This is because muscles weigh more than fat. For this reason, OMRON Healthcare has brought out a specific body-analysis device, which precisely determines the portion of visceral fat.

The OMRON BF500 also measures weight, total body fat, and muscle mass. It also calculates the basal metabolism and Body Mass Index (BMI).

*OMRON BF500
Body Composition Monitor*



4. Lose Weight

You can only shed the pounds if you burn off more calories than you take in. Sport helps you on three levels here: Exercise accelerates your metabolism, so that you burn off more carbohydrates and fat than normal during training. However, your metabolism continues to function at a higher rate for a while after the exercise. This after burn effect helps you to lose weight, even when you are back on the couch. Regular sport also increases muscle mass. The more muscles you have, the more energy you use – this once again accelerates the metabolism and increases the basal metabolism*.

** Basal metabolism refers to the amount of energy that a person requires to maintain their bodily functions during quiet periods. It is dependent on factors such as sex, weight etc. The amount of energy we require to perform activities is called the working metabolism. Unlike the basal metabolism, the working metabolism changes depending on how hard the body is working.*

5. Activate the Immune System

People doing sport in their free time become ill less frequently than people who shy away from exercise. This is because their immune system is 30 to 50 percent stronger. Physical activity causes small tears and inflammation in muscles and in the stomach, which are repaired immediately. Once they get to work, our immune cells now ferret out bacteria, poisons, and other foreign bodies, and make them harmless. This strengthens our immune system in the long run.



You should not eat less than one hour before doing any sport, otherwise you will suffer from muscle cramps.

6. Increase Your Muscular Strength

All forms of exercise require strength and coordination. However, from the age of 30 our muscle



Carrying shopping bags, getting the suitcase down from on top of the wardrobe, cleaning under the sofa – in everyday life we need strength and mobility to perform even the simplest tasks

mass starts to break down and from then we lose about ten percent of our strength every decade. This particularly affects muscles that we do not use so regularly in today's lifestyle, such as arm muscles, pectorals, shoulder and back muscles. Fortunately, however, this process can be delayed, and even reversed. A systematic restorative programme can ensure that you have a strong back, upright posture and good mobility through to a good age.

7. Stay Mobile

Stand upright, then try to touch the floor with your fingers. Keep your legs straight whilst doing this. Can you manage it? What is easy for children becomes increasingly difficult the older we get. This is due to truncated muscles and stiff joints. The appropriate stretching exercises and aerobics can improve your mobility.

8. Strengthen Your Bones

Our bones also need exercise, otherwise they become brittle. In Germany alone, seven million people suffer from osteoporosis, the progressive loss of bone material.

It is true, that all forms of physical activity strengthen bones, but the most effective is weight training. The following also applies to bones: For the first 30 years, the body predominantly develops bones – after that, however, the bones start to break down. Also: Anyone getting plenty of exercise as a child, is subsequently less prone to osteoporosis.

9. Be Happy and Relaxed



People who exercise get more out of life. It helps keep you fit, slim, young and healthy. You simply feel better and more balanced.

Exercise is balm for the soul. While we are running through the wood, or doing our lengths in the swimming pool, our body discharges more happy hormones. When combined with improved blood circulation and increased oxygen supply, we reduce stress, improve our mental performance and generally feel much healthier. Regular exercise is a highly effective antidepressant, and also prevents fatigue, melancholy and depression. You don't just stay physically fit, but also mentally and emotionally balanced.

10. Stay Young

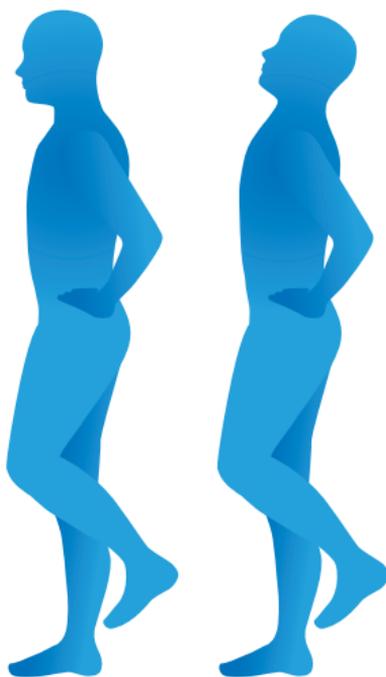
Who doesn't dream of staying fit and healthy through to a ripe old age? Exercise reduces your biological age, and can make 40 years feel like 20! The visible result is a firm figure and smooth skin. You feel more dynamic, more self-assured, and more attractive – it is the perpetual fountain of youth!

• Check Your Fitness!

Hand on heart: How fit are you really? Our exercises will show you whether you are in good shape or need to work on your fitness. The exercises will also help you to improve your stamina, strength, mobility and coordination.

Coordination Test

Stand upright and place your hands lightly on your hips. Now raise one leg and try to keep your balance for ten seconds. There are three levels of difficulty: Standing on one leg with your eyes open, with your eyes closed, and with your eyes closed and your head back.



Evaluation

excellent:	10 seconds with your eyes closed and your head back
good:	10 seconds with your eyes closed
medium:	10 seconds with your eyes open
poor:	less than 10 seconds with your eyes open

Strength Test

Exercise 1

Lie on your back and bend your knees with your heels on the ground. Tense your stomach and buttock muscles, and make sure that your lumbar spine remains on the ground. Without momentum, raise your upper body until you can touch your knees with the palms of your hands. How long can you hold this position? Make sure you keep breathing during this exercise.



Evaluation

Women	
good:	longer than 30 seconds
medium:	5 – 30 seconds
poor:	less than 5 seconds
Men	
good:	longer than 45 seconds
medium:	15 – 45 seconds
poor:	less than 15 seconds

Exercise 2

Sit upright on a chair. The chair should be high enough to form a 90-degree angle between your thighs and your lower leg. Now stand up, without momentum or using your hands, and then sit back down again. How many times can you repeat this exercise?



Evaluation

Women	
good:	more than 20
medium:	5 – 20
poor:	less than 5
Men	
good:	more than 25
medium:	10-25
poor:	less than 10

Mobility Test

Exercise 1

Stand upright with your feet hip-width apart. Now slowly lean your upper body sideways, running your fingers down your leg. The movement comes solely from the hips. How low can you reach?



Evaluation

good:	below the knee, about halfway down the calf
medium:	to the knee
poor:	only to halfway down the thigh

Exercise 2

Sit on the floor with your legs stretched out in front of you. Stretch your arms out horizontally in front of you and now slowly move your upper body towards your feet, keeping your back straight. How far can you reach?



Evaluation

good:	I can touch my feet
medium:	I cannot reach my ankles
poor:	I can only reach just above the knee

Stamina Test

First determine your resting pulse rate. To do this, place your index and middle fingers on your carotid artery or wrist, and measure your pulse for 15 seconds. Multiply this value by 4. To complete the test, you need two steps or a stable box between 30 and 50 cm high. Now step up and down with one leg for 90 seconds, then with the other leg for 90 seconds.

Take Your Pulse

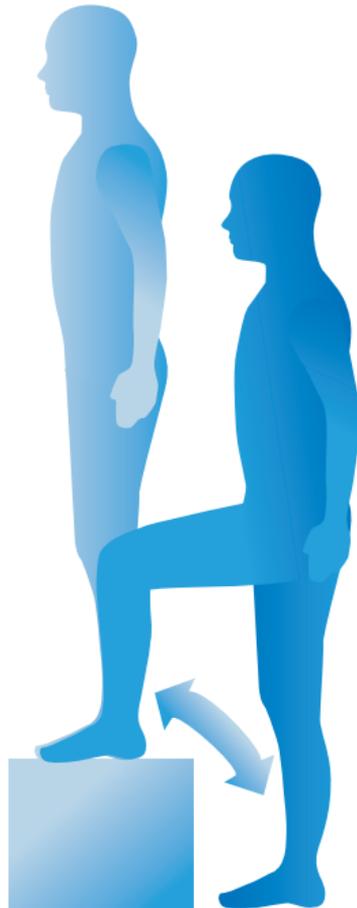
Please take your pulse again immediately after the exercise, and subtract the starting pulse rate from this value.

Example:

Resting pulse rate = 65

Working pulse rate = 120

Calculation: $120 - 65 = 55$



Evaluation

Women	
good:	below 55
medium:	55 – 65
poor:	above 65
Men	
good:	below 50
medium:	50 – 60
poor:	above 60

THE 10 BIGGEST FITNESS MISTAKES

1. *Those who exercise can eat anything.*

Wrong! Most people overestimate the amount of calories they consume when exercising. For example: during half an hour of jogging the body will consume 300 calories. However, a chocolate bar has 530 calories. Just because you exercise it does not mean that you can feast uncontrollably. It is quite simple: if you eat more than you burn off, you will put on weight.



Gentle stretching prevents injuries and protects against overworking the body.

2. *The more the muscles ache after exercise, the more effective the training was.*

Wrong! It is okay for the muscles to burn a bit during training, but not several days later. Sore muscles are a sign of tiny injuries to the muscle cells. These can occur if you have not done any exercise for a long time, if you did not warm up properly prior to training, or if you have overworked your body. Just take it easier next time – use less weight, run slower, or have a break for a day or two.

3. *The best treatment for aching muscles is to repeat the same exercise.*

Wrong! You need to take a break first, in order to allow your muscles to recover. However, gentle exercise is allowed. Light stretching or flexibility exercises relieve the afflicted muscles, as does a hot bath. Treat yourself to a massage every now and then!

4. If I am sweating, I must be burning off fat.

Wrong! If this were true, you would also lose weight in the sauna or in the summer. The fact is: If you are sweating, you are only losing water at first. Compensate for the loss of liquid with mineral water or with sparkling apple juice. The ideal way to burn off fat is through regular endurance sport, such as hiking, jogging, Nordic walking, swimming or cycling.

5. You only start burning off fat after 20 minutes.

Wrong! Our bodies start to burn off fat the minute we start exercising. At first, however, only a minimal amount is burned off compared to the amount of energy invested. The longer the body is made to work, the faster the carbohydrate storage is emptied – we now start to use our fat deposits more. This works best with long stamina training, as burning off fat requires much more oxygen than the decomposition of carbohydrates.

Drink a lot – ideally during the training too. Special sports drinks are, however, not necessary. Apple juice mixed with sparkling water contains minerals and vitamins.



6. One can lose fat in specific problem areas.

Wrong! If the body requires energy, it does not just get it from the fat depots on the buttocks, hips, stomach or thighs. It first gets the energy from wherever it is easiest – e.g. the face, arms and legs. Because a person's physique is largely genetic, you cannot radically change the proportions. A combination of stamina training and a healthy diet is the best way to get rid of unwanted fat. Weight training is recommended to complement this, as it helps you develop muscles and generally improves your figure.

7. You should not do exercise if you have back pains.

Wrong! Tense muscles harden and are not as well supplied with blood. Trying to get rid of the pain by protecting and resting the back can result in further tension – a vicious circle and, above all, a weakening of the skeletal muscles. In cases of neck pains and slight tension, physiotherapy, swimming, yoga and running are helpful. The best treatment is to keep moving.

8. Household chores are sufficient to keep fit.

Wrong! The work involved in cleaning, ironing and vacuuming is too little. It is not sufficient or intense enough to have any long-term effect on your health.

9. It is not necessary to warm up before exercising.

Wrong! Warming up supplies oxygen to the muscles, which in turn activates the nerve impulses. This tunes the musculoskeletal system to the forthcoming training and prevents injuries. Warming up properly is particularly important for sports that require a rapid or high expenditure of strength, such as tennis, ball sports and weight training.

10. There is no point in starting to exercise once you reach 50.

Wrong! It is never too late to start exercising. Studies show that sport delays the physical and mental aging process. A restorative programme contributes to better completion of daily tasks, and also helps to prevent falls. Even among older people, muscular strength can be increased by 100 percent within just one year.



Do you sit down all day? That is like poisoning your back! The spine needs a lot of movement to subsist and remain resilient.

EXERCISE – WHAT AND HOW?

• Every Step Counts

The journey is the reward. If you have stayed away from exercise, you should not take on too much at first, otherwise you will give up after two weeks. First get things moving in your everyday life. You don't need to be an amazing athlete to do this. Every step strengthens your body and soul. It is simple – and very effective!

Walking 10,000 steps every day burns off between 2000 and 3500 calories extra per week. Sport medicine specialists and scientists have confirmed that this achievable goal reduces blood pressure and also significantly reduces the risk of diabetes, strokes and heart attacks. However, somebody working in an office, driving to work, and relaxing on the couch in the evenings only takes about 1500 steps daily. This is clearly too few! Postmen, waitresses and parents with young children, on the other hand, can easily rattle up 12,000 to 18,000 steps.



Regular exercise in the fresh air keeps the entire family healthy!

What about you? Do you take the opportunities to exercise that arise in your everyday life? We have a few tips to help you make your day more active:

- *Cycle to work. If you are reliant on bus, train or car because the distance is too great, get out one station earlier or park a bit further away and walk the*

rest of the way. A short walk in the fresh air is a great way to start the day.

- *Avoid escalators or elevators. Walk up the stairs instead. That will get your circulation going, tightens your buttocks and thigh, and prevents varicose veins.*
- *Stand up more often in the office, and go for a short stroll. There are plenty of opportunities: Don't phone your colleagues. Instead, drop in in person. Get your coffee from the floor below and use the photocopier at the end of the corridor. Every step helps to keep you slim and healthy.*
- *Use the lunch break to go for a walk. If you don't want to be unsociable, then invite your colleagues to join you.*
- *Walk or cycle to the shops to do your shopping. If your bags are too heavy, you could, ideally, go twice.*

Finally home time! Have a short break to relax, then put on your sports shoes and head back out again. A brisk, half-hour walk can be as far as 2.5 km, and take 3000 steps. And you'll still have time afterwards to meet up with friends, read a book, or watch your favourite programme.

If you cannot estimate how far you walk each day, then a stepcounter is just the thing for you. Once you have determined the length of your stride

CALORIE CONSUMPTION IN EVERYDAY LIFE

Activity (15 minutes, medium intensity)	Body Weight	
	60 kg	80 kg
Carrying shopping	100	130
Cleaning	50	70
Mowing the lawn	100	130
Going for a walk	50	70
Playing with children	40	60
Vacuuming	50	80
Climbing stairs	110	160

the small device is easily attached to your waist-band, then off you go! At the end of the day you can read how many steps you have taken on the display. And that is not all: modern stepcounters also show the duration, distance, consumed calories and body fat burned off in grams. Thanks to the latest technology, some of the lightweight devices can also determine between different types of movement, and can adjust the calorie consumption and fat burned accordingly.

An exercise programme is twice as much fun with the right equipment. As extra motivation, we have drawn up a pedometer diary for you. This lets you monitor your fitness with every step.

OMRON stepcounters display steps, duration, distance, calorie consumption, and body fat burned off.

The devices are simple to operate and save the data for 7 days.

(OMRON Walking style II, red)



Join in:

- Detach the page and use a photocopier to produce several weekly plans.
- Measure the length of your stride and set the stepcounters accordingly.
- Each evening, enter the number of steps taken throughout the day in your diary. If you wish, you can also note your success on the weighing scales in the overview.
- Don't get discouraged if you do not immediately manage 10,000 steps. Set a new target each week until you have found your ideal daily amount.

MY STEP COUNTING DIARY

Calendar Week:	<input type="text"/>						
Number of Steps	Mo	Tu	We	Th	Fr	Sa	Su
Weight in kg							
Body Fat Portion in %							
My Target for Next Week (Steps):	<input type="text"/>						
Calendar Week:	<input type="text"/>						
Number of Steps	Mo	Tu	We	Th	Fr	Sa	Su
Weight in kg							
Body Fat Portion in %							
My Target for Next Week (Steps):	<input type="text"/>						

• Check List for Beginners

The last chapter showed you how it is possible to start leading an increasingly active life. Once this is up and running, it will be considerably easier to make the transition to a regular programme of sport. However, before you start a new sport, you should observe the following notes:

● Health Check

Before starting to train, you should go to a doctor to clarify how hard you can push yourself. The following applies as a basic principle: You are allowed to do what you want, and what is good for you. Make sure you do not ignore your body's signals and signs of possible illnesses. Do not exercise if you are exhausted, have a painful knee, or your breathing is labored.



Before starting to train, get yourself checked out: If you have high blood pressure, heart diseases or orthopaedic complaints, you cannot go in for all forms of sport.

● The right type of exercise

Find a sport that you enjoy. If you don't like swimming or ball games, then it makes no sense to take these up. There are so many possible ways to exercise – take your time deciding, and give various options a try.

● Alone, or in a club?

If you want to remain as independent as possible, endurance sports like jogging, walking or cycling are the right choice for you. Get your sports gear on and off you go. This also applies for fitness studios, which are generally open seven days a week. For all those who value companionship and prefer to stick to set times, there are numerous possibilities.

Clubs, towns and adult education centres have extensive programmes, ranging from aerobics and badminton to dancing. Everything a sporting person could ask for.

There is a greater risk of injury with ball games, but they are also more fun than individual sports. You just need a field and 10 friends!



- **The training plan**

Make your exercise programme a fixture in your daily routine. This will help, especially at the beginning, to overcome the inner couch potato. Let your biological rhythm decide whether you prefer to exercise in the morning, afternoon or evening. Those who are not morning people will certainly not want to get up at 7am to go swimming. Others find they feel fit for the rest of the day if they have done some exercise in the morning.

- **Slowly increase the load**

Regardless of what sport you opt for – start slowly. When jogging, you should start off by alternating between walking and running for two minutes at a time. 15 to 20 minutes are quite enough for beginners. From the third week you can start to gradually reduce the amount of time spent walking and increase the running time. We recommend that you run two to three times per week. Watch your pulse! The following applies as a general rule for moderate endurance training: training pulse = 180 minus your age. The slogan from the 1970s slimming movement „Laufen ohne zu schnaufen“ (run without gasping) still applies. If you can still talk whilst exercising, then you will avoid pushing yourself too far.

If you would rather train at a fitness centre, or wish to include this in your programme, you should start

with small weights and slowly increase them. In a good, certified fitness centre, you will be supervised and advised.

- **Vary the Load**

Endurance sport strengthens the cardiovascular system and stimulates the burning of fat. Systematic weight training builds up muscles, which in turn strengthens joints

and the spine. Gymnastics and flexibility exercises enable you to stay mobile – as you can see, it is not sufficient to do just one type of training. It is the combination that gets results!

- **The Right Equipment**

Good shoes are absolutely essential, especially for endurance sports. When running, joints are subjected to forces of up to three times your body weight. Good shoes absorb the shock. For this reason, you should seek expert advice when purchasing your shoes. This also applies for Nordic walking, hiking or sports such as tennis and badminton, which are played in a hall. It is also advisable to get specialist clothing made of special materials, which transports sweat from the skin to the outside. This stops you from getting cold. When purchasing accessories like bicycles, Nordic walking sticks or swimming goggles, we recommend you ask experts for advice. Our tip: Don't cut costs when purchasing equipment! You could pay for it with your health.

CALORIE CONSUMPTION IN SPORT

Exercise Type (30 minutes, medium intensity)	Body Weight	
	60 kg	80 kg
Aerobics	180	240
Mountain climbing	220	290
Gymnastics	120	160
Jogging	350	460
Weight training	200	270
Nordic walking	300	400
Cycling	180	240
Swimming	290	390
Going for a walk	100	130
Dancing	90	120
Walking	170	220
Hiking	180	240

• Nordic Walking as an Example of Endurance Training

Nordic walking is the ideal full-body training for everyone. Walking with sticks improves fitness, strengthens legs and the upper body, and also



For Nordic walking, it is essential to hold the stick correctly in order to get the most out of your training.

protects joints. In comparison with jogging, the strain on the musculoskeletal system is 30 percent less with Nordic walking. For this reason, this sport is particularly suitable for people who are overweight, or have knee or back complaints. Another advantage of Nordic walking: Up to 40 percent more calories and oxygen are used than when walking at the same speed. In addition, the use of sticks means that you use almost 90 percent of the skeletal muscles.

NORDIC WALKING: THE EQUIPMENT You need:

- 1 pair of walking, jogging, or light trekking shoes
- Light, stable sticks that are easy to swing and the correct length
- Appropriate hand loops for optimal transfer of energy

However, all these positive effects on your fitness can only be achieved with the right technique. Although Nordic walking is fast and simple to learn, it is still worth taking a course with a qualified instructor. You should only set off by yourself once you have mastered the technique.

NORDIC WALKING: THE TECHNIQUE



• **Weight Training: Exercises With and Without Dumb-Bells**

Our body is a high-performance system with over 600 muscles. We require 57 muscles in the hand and arm to simply write a letter. Every movement needs strength, which we must train systematically. There are three basic types of strength: Strength, speed and endurance. From a health point of view, exercises to improve strength and speed make little sense. It is better to improve your endurance.

Almost every muscle has an antagonist– you should always train both. For example, the back and stomach are strong partners: While the back muscles straighten, stabilise and relieve the spine,

● **Strengthening Neck Muscles**

Rest on a bench on one hand and one knee, and keep your back straight. Bend your standing leg slightly, and look down. Take the dumb-bell in the other hand and raise your arm until your upper arm and back are in line. Your lower arm remains straight.



● **Strengthening of Back Muscles**

Lie on your back and draw both legs up. Slowly raise your pelvis until you are resting on your shoulder blades and your thighs are in line with your body. Hold this position as long as you can.



the stomach muscles ensure that we stay perpendicular – and that we do not develop from hollow or hunched backs. For the average skeletal muscles, we recommend training the large muscle groups two to three times per week at 70 percent of your full strength. This means: little weight and many repetitions. In practice, you should exercise in sets of 15 to 25 repetitions.

You can complete many exercises using only your own bodyweight, for others you require dumbbells. Both strength exercises in our fitness test strengthen the stomach and thighs. These pages contain instructions for strengthening your back, neck and posture.

- **Full-Body Strengthening (Back)**

Lie on your stomach. Raise your feet on the tips of your toes and tense the stomach, legs and buttocks. Raise your upper body until you are only resting on your lower arms. Head, back and legs should be in line. Hold this position for at least 15 seconds.



- **Full-Body Training (Front)**

Now lie on your back and rest on your elbows and lower arms, whilst keeping the body tense. In doing this, raise the pelvis until the entire body forms a straight line. Hold this position for at least 15 seconds.



OMRON Body Composition Monitor BF500

- Measurement of skeletal muscle and Resting Metabolism Rate
- Measurement and classification of body fat and BMI
- 8-sensor technology using both hands and feet for an entire body measurement
- Measurement of visceral fat, which is closely related to lifestyle diseases
- Memory function for up to 4 persons and the display of results of 1 day, 7, 30, 90 days before
- Guest mode for use in high frequented environments



OMRON Body Fat Monitor BF306

- Measures Body Fat Percentage
- Calculates Body Mass Index
- Validated medical device
- Data Memory for 9 persons
- Quick, accurate and easy
- Graphical interpretation of the fat percentage and BMI level



OMRON Body Fat Monitor with scale BF400

- Measurement and classification of body fat and BMI
- Calculation and displaying of body fat percentage using the Bioelectrical Impedance method
- Last measurement memory for up to 4 individual profiles
- Fast mode for weight-only measurement for up to four individual profiles



OMRON Stepcounter Walking style Pro

- Counts your steps, walked distance and calories
- Suitable for Aerobic Walking
- Memory of minutes in Aerobic mode – to track and record special activities
- 7-day (weekly) memory on display
- 41-days data memory
- 24 hour clock
- Combination of different parameters in newly developed Health Management Software
- USB-interface to download the data into the OMRON Health Management Software
- Incl. Software and USB-cable – to download the data to a PC
- Fits and works in your pocket/trouser pocket, purse or case, chest pocket or a necklace/key cord



OMRON Stepcounter Walking style II

- Counts your steps, walked distance and calories
- Calorie counter – indicates calories burned also in grams
- Aerobic mode to motivate extra exercise
- Works accurately during regular and brisk walking
- 7-day (weekly) memory on display
- 24 hours clock
- Fits and works in your pocket/trouser, purse or case, chest pocket or necklace/ key cord



OMRON Stepcounter Walking style One

- Counts your steps and walked distance
- Calorie counter – indicates calories and fat burned
- Aerobic mode to motivate extra exercise
- 7-day (weekly) memory on display
- 24 hour clock
- Battery saving mode





Blood Pressure Monitors • Thermometers • Nebulisers
Body Composition Monitors • Electronic Nerve Stimulators • Step Counters

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Consult us – we'll be glad to advise you

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