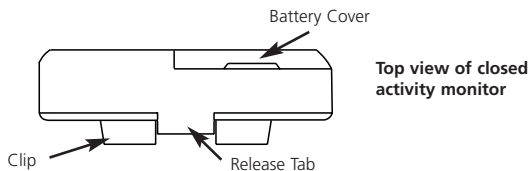
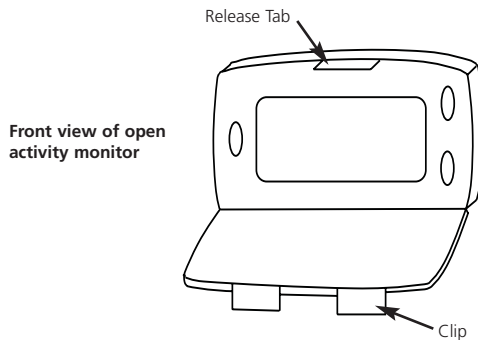
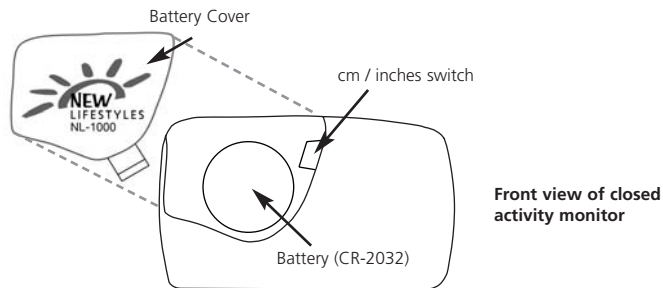




Is it this...

Get Acquainted With Your New Activity Monitor



Entering Set Mode

Press & hold the SET button for 3 seconds to access the clock-setting mode.

1. **Set the clock.**
 - a. Press the +/- buttons until the flashing digit reflects the correct hour.
 - b. Press the SET button to record your changes and advance to minutes.
 - c. Press the +/- buttons until the flashing digits reflect the correct minutes.
 - d. Press the SET button to record your changes (NL-1000 advances to stride).
2. **Set your stride length. (NL-1000 only)**
 - a. The default stride length setting is 2' 6" which reflects the average stride length. Units for the stride length setting are in feet and inches.
 - b. Press the +/- buttons to increase or decrease the stride length until the flashing numbers reflect your stride length.
 - c. Press SET to record your changes and enter Real-time Display Mode.

Using the Real-time Display Mode

1. Press the MODE button to scroll through and view steps and time of day (NL-800) or steps, distance, activity time, and time of day (NL-1000).

Using Memory Mode

The NL-800 stores seven days of steps, and the NL-1000 stores seven days of steps, distance, and activity minutes.

1. To access this mode, press the MEMORY button.

When you press the MEMORY button, your display shows two pieces of alternating, flashing data: the day and the number of steps accumulated that day.

For example, "1 d" will represent yesterday's recorded step data. After "1 d" displays, the display will flash to the total number of steps recorded yesterday. 1 d = yesterday, 2 d = two days ago, 3 d = three days ago, etc.

2. Press the MEMORY button to advance to the next day.
3. After the display shows days 1 through 7, the display changes to ALL and flashes your total steps for the week.
4. To leave the Memory Mode, press the MEMORY button until you see "-----" appear on the LCD screen. You are now back in Real-time Mode.

An electronic copy of the expanded NL-800 and NL-1000 instruction manual is available at www.new-lifestyles.com.

Understand the three basic operating modes:

- *Set Mode* — You access this mode automatically after installing the battery or manually when updating the clock or stride length*.
- *Real-time Display Mode* — This mode shows current-day *STEPS*, *DISTANCE**, *ACTIVITY TIME**, and *TIME OF DAY*.
- *Memory Mode* — Access this mode only when you want to see the total step count, total distance*, or your accumulated activity minutes* for each of the last seven days.

*Applies to NL-1000 only



or more likely this?

NL-1000 Activity Timer Supplement

Your NL-1000 activity intensity range is automatically set at level 4-9. You may set the lower and upper threshold of the intensity level anywhere from 1-9. Levels 1-3 are considered light intensity, 4-7 are moderate intensity and 7+ are vigorous intensity. Any activity performed with an intensity in between and including your chosen thresholds will add time to the activity timer.

Note: If you replace the battery at a later time, the activity intensity level will default back to 4-9.

How to modify the activity intensity level of your NL-1000.

1. Hold the SET button down for three seconds to go to the Set Mode.
2. Once you see the clock flashing and SET at the bottom of the LCD screen, you are in the Set Mode. Press the MODE button and the SET button at the same time and release. All characters on the LCD will appear.
3. Now press the SET button.
4. You will see "Ac 4-9" appear on the LCD screen.
5. Use the + or - buttons to increase or decrease the lower threshold.
6. Press SET again to change the upper threshold. Use the + or - buttons to increase or decrease the upper threshold.
7. To return to the Real-time Mode press the SET button until you see the arrow flashing under steps.

If you get a majority of your activity through activities of daily living, we recommend setting the intensity range 3-9.

If you get a majority of your activity through structured exercise, we recommend setting the intensity range 4-9.



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What's
your
motivation
to move?

