

DIGITAL Pedometer XL-15



- Large EZ-View Flip Down Screen
- Step, Distance & Calorie Counter
- 12/24 hr Clock
- Low Power Consumption
- Waist Clip/ Battery Included
- One Year Warranty

The LifeSource XL15 Pedometer is a simple, low cost solution to measuring your steps.

- The National Physical Activity Guidelines recommends 10,000 steps daily as a goal for a healthy adult.

Steps Per Day	Active Level
< 5,000	sedentary
5,000 - 7,499	low active
7,500 - 9,999	somewhat active
≥ 10,000	active
≥ 12,500	highly active

- A recent study found that more steps are achieved if people are recommended 10,000 steps a day compared to the recommendation of a 30 minute walk.¹
- Regular physical activity has been associated with reduced risk for CVD, Diabetes and death in the general population.²
- Researchers at the Stanford University School of Medicine have found that the use of a pedometer is associated with significant increases in physical activity, weight loss and improvements in blood pressure.³

¹Medicine & Science in Sports & Exercise (2005) ²Archives of Internal Medicine (2003) ³Journal of American Medical Association (2007)

For questions about LifeSource products, call us toll-free at 1-800-726-3364 and a specially trained representative will assist you, or visit us at www.LifeSourceOnline.com.



XL15 Digital Pedometer

PART NUMBER	UPC NUMBER	Description
XL15	0-93764-60226-9	Step, Distance & Calorie Counter

This digital pedometer includes:

- English Instruction Manual (inside cover)
- LR1130 Button Cell Battery

Features

Clock	12/24 hour format with "P" indicator for "PM"
Step Counter	Counts steps taken up to 99,999
Distance Counter	Counts distance covered up to 999.99 miles or km (Stride length input 1ft - 5ft)
Calorie Counter	Counts calories burned up to 99,999 kcal (Body weight input 80lb - 300lb)

Manufactured by an ISO 9001 and ISO 13485 registered company. Made in Taiwan.

Packaging and Shipping Specifications

Selling Unit (Clam Shell)	Dimensions (L x W x H) 8.4" x 5" x 1"	Weight 0.09 lb	Individual Item Cube 0.02 Cubic Feet
Unit Case (10 Units)	Dimensions (L x W x H) 9" x 7" x 6"	Weight 1.45 lb	Case Cube 0.22 Cubic Feet



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