

AM 120

Activity Monitor

Triaxial Acceleration Monitor - The next generation in physical activity monitors based on the latest medical research

The Tanita AM 120E Daily Activity Monitor is the next generation in pedometers and is ideal for encouraging a progressive increase in an individual's activity intensity.

Helping you to motivate to become more active, the Tanita Daily Activity Monitor shows a 24 hour, hour by hour graph that tracks the intensity of walking through METS (Metabolic Equivalent). These simple graphs are easy to follow and provide clear indications of the user's activity level.

Featuring accelerometer technology, the monitor counts the number of steps taken and time elapsed. This allows the user to see if they are achieving their targets.

The monitor also shows Energy Expenditure, or calories burned, when active and when resting. Users are able to balance their daily calorie intake with the actual amount of calories burned. Additional features include a seven day memory.

Key Features

- 7 day memory
- Records distance travelled and walking time
- Basal Metabolic Rate
- Activity-related Energy Expenditure
- Security clip and batteries included
- 3 Axes Technology allows the pedometer to be placed in a pocket
- Easy-to-read display with 24 hour activity graph

Product Details

- Time (24 hour display)
- Steps
- Distance (km)
- Walking time
- Total energy expenditure (Kcal)
- Basal Metabolic Rate (BMR) (Kcal)
- Activity-related Energy Expenditure (AEE) (Kcal)
- METs
- 24 hour activity graph
- 7 day memory

