

AM 180

LIFESTYLE ACCELEROMETER WITH USB

Key features

- Latest 3 axis accelerometer technology with in-built USB
- Auto detection provides accurate readings for running, walking and other activities
- Hour by hour tracking displayed
- 1 years data storage on the device
- Fast data transfer from device to Gmon Health Monitoring Software provides easy-to-read progress reports, target setting and inclusion of additional data including body composition measurements, blood pressure and much more.

Benefits

- Perfect for tracking physical activity of clients on any weight management program by enabling personalised consultations and motivational target setting
- Track progress of large groups of clients using the devices together with multi-functional Gmon software
- Cost effective tool for monitoring physical activity in large cohort research studies
- Suitable for individuals who want to monitor their activity as part of a healthy lifestyle

Measurements

- Steps walked
- Steps run
- Total steps
- Basal metabolic rate
- Activity Energy Expenditure
- Total Energy Expenditure
- Distance travelled
- Time being active
- METs - live
- METs
- Target analysis
- 23 METs per week

