

PEDOMETERS

A great way to track your daily steps.
A motivational tool for increasing your steps.

Yamax
Digiwalker
SW-200



While pedometers can be purchased locally, the wellness committee for the Live Fit Challenge has found both value and performance in the Yamax Digiwalker Pedometer. The two official Yamax Digiwalker pedometer distributors are shown below. Purchases can only be made online. The Yamax Digiwalker SW-200 is a basic pedometer. For a higher cost, pedometers may be purchased with additional features such as calorie and distance counters, calendars, and logs. Be sure to consider shipping costs when making your selections. New Lifestyles' shipping prices decrease as you order more pedometers.

1. **New Lifestyles, Inc.:** <http://www.new-lifestyles.com/>. Direct link to Yamax Digiwalker SW-200 - <http://www.thepedometercompany.com/sw2001.html>, then scroll down to SW-200 , then scroll down to SW-200 Bare Bones.
2. **Optimal Health Products:** <http://www.optimalhealthproducts.com>. To get to the SW-200, click on products, then Yamax pedometers, the. To get to the SW-200, click on products, then Yamax pedometers, then Digiwalker SW series. Scroll to the bottom of the page for the Yamax SW-200 version.