

# Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylactically”

## Explanation to Register Activity Monitor AM-180 (see [www.tanita.eu](http://www.tanita.eu))



Physical activity expenditure energy and has thereby positive effects on health especially as prophylaxis against overweight and high blood pressure. Physical inactivity is in the modern society omnipresent, as well as private and business environment. By the use of the activity monitor AM-180 can be checked the personally physical activity. So sensitised it's easier to become more active.



Surveys about the health situation of great demographic groups indicate consistent deficits of physical activity. This is one of the important reasons for the increase of number of cardiovascular disease and diabetes.



A physical activity is recommended more than 30 minutes at 5 days per week as sufficiently. "Sufficiently" is the description of the energy consuming of the physical activity measured in MET.

Physical activities between 3 MET to 6 MET are moderate; more than 6 MET are high physical activities. Important for the physical energy expenditure (AEE) is the duration of the physical activity measured in exercises: 1 exercise = 1 MET \* 1 hour.

Example: 4000 footsteps by an inside leg of 75cm added to a travel distance of about 3 km. When these travel distance is walked by speed of 6 km per hour (fast walking on level floor corresponded to 5 MET) so is worked through 2.5 exercises.



(A) Criteria of evaluation of the physical activity goal



British Heart Foundation (BHF). Physical activity and your heart. London 2009.

Mensink G. Bundes-Gesundheitssurvey: Körperliche Aktivität. Beiträge zur Gesundheitsberichterstattung des Bundes. Robert Koch-Institut, Berlin 2003.



AEE: (activity energy expenditure): energy consumption by physical activity

MET (metabolic equivalent): description of metabolic consumption based on the resting metabolic rate in correspondence with bodyweight (measured in kcal/kg/h)

TEE ((total energy expenditure) complete metabolic consumption in 24 hours



[Overview about GMON modules](#)

general operation instruction, using goals values, other relevant parameters for health

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### (A) Criteria of evaluation of the physical activity goal

The goal value is individually determined by self. For averaging are only used the active days (days with more than 0 footsteps) about the last 7 or 30 days.

evaluation	colour	level of compliance
extremely low	red	< 50%
low	yellow	50% - 100%
advantageous	green	more than 100%

[<top>](#)