

Manpo-Kei: The Art And Science Of Step Counting By Catrine Tudor-Locke

By Catrine Tudor-Locke

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Pedometer References: bibliography - Aittasalo M, Miilunpalo S, Kukkonen-Harjula K, et al. Tudor-Locke, Catrine. Manpo-Kei: The Art and Science of Step
<http://www.wellness.com/reference/health-and-wellness/pedometer/references>

Catrine Tudor-Locke is the author of Manpo-Kei (5.00 avg rating, 1 rating, 0 reviews, published 2003), Manpo-Kei (0.0 avg rating, 0 ratings,
http://www.goodreads.com/author/show/730178.Catrine_Tudor_Locke

Mechanical pedometer. A pedometer is a device, that counts each step a person takes by detecting the motion of the person's hands or hips.

<http://en.wikipedia.org/wiki/Pedometre>

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<http://www.livingnaturally.com/ns/DisplayMonograph.asp?StoreID=3D9D155236034A5897378F7C5A033221&DocID=bottomline-ungraded-pedometer>

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<http://ci.nii.ac.jp/ncid/BB11719502>

Health Matters Making resolutions to lose weight? Get a pedometer. By. and Catrine Tudor-Locke's "Manpo-Kei: The Art and Science of Step Counting."

<http://www.wsj.com/articles/SB122894384335695697>

Manpo-kei, The Art and Science of Step Counting is a short book by Dr. Catrine Tudor-Locke that encourages people to as well as the power of manpo-kei,
<http://www.articleinsider.com/health-and-fitness/fitness/manpo-kei>

A Doctor named Catrine Tudor-Locke first wrote about counting your steps as you walk in the book Manpo-Kei: The Art and Science of Step Counting. Dr.
<http://ezinearticles.com/?Walking-10,000-Steps-a-Day---Who-Recommends-This?&id=3046523>

Sep 19, 2010 Science & Space; See also: walking; 10000 steps; WalkingWorks: Why 10,000 steps. Use your key for the next article. Next: Join the Walk with Walgreens
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Originating in Japan but in recent years made popular by Dr. Catrine Tudor-Locke, author of Manpo-Kei: The Art and Science of Step Counting,
<http://hcgchicago.com/uncategorized/10000-steps-to-weight-loss/>

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<http://m.prevention.com/fitness/fitness-tips/walk-it>

in part by Catrine Tudor-Locke, book Manpo-kei: The Art and Science of Step Counting. term for pedometer manpo-kei or 10-thousand-step
<https://www.forthehealthcare.com/media/images/ten-thousand-steps.doc>

Tudor-Locke, Catrine. Manpo-Kei: The Art and Science of Step Counting. Victoria, The pedometer is a popular tool because it can be individualized to the user.

<http://www.livingnaturally.com/ns/DisplayMonograph.asp?StoreID=CB340C4E6D7F4B33832942CF269250E3&DocID=bottomline-ungraded-pedometer>

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