

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

**By Catrine Tudor-Locke**

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term for pedometer manpo-kei or 10-thousand-step

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Manpo-Kei : The Art and Science of Step Counting presents the appealing rationale and the simplistic Nicknamed "manpo-kei" which literally means "10,000

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A pedometer is a battery-operated device that measures and records the Each step was registered Catrine. Manpo-Kei: The Art and Science of Step

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

Adapted from: Manpo-Kei: The Art and Science of Step Counting by Catrine Tudor-Locke, PhD. Manpo-kei Calendar Log Monday \_\_\_\_\_ TOTAL STEPS:

[http://strongcancerrecovery.org/wp-content/uploads/2015/05/Walking\\_Log.pdf](http://strongcancerrecovery.org/wp-content/uploads/2015/05/Walking_Log.pdf)

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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Tudor-Locke, Catrine, Bassett, David R Jr. Manpo-kei: Art and Science of Step Counting; Our Expert Recommends. Should You Walk 10,000 Steps Per Day for Weight Loss?

<http://www.autonor->

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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.wellness.com/reference/health-and-wellness/pedometer/references>