

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

By Catrine Tudor-Locke

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Tudor-Locke C. Manpo-kei: the art and science of step counting. Department of Health and Exercise Science, University of Tennessee, Knoxville, Tennessee, USA

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<http://hcgchicago.com/uncategorized/10000-steps-to-weight-loss/>

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

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<https://www.forthhealthcare.com/media/images/ten-thousand-steps.doc>