



Energy Fitness Tracker

User Manual

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Introduction

Thank you for purchasing the Kinetik Energy Fitness Tracker.

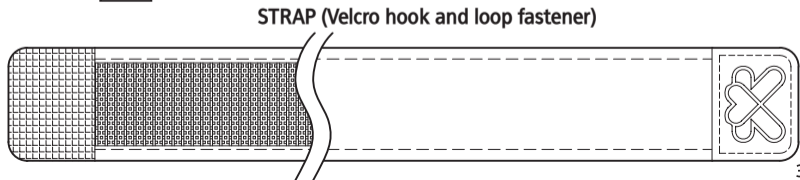
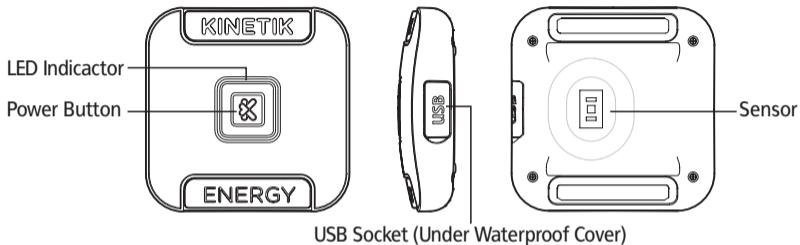
Exercise isn't just for top athletes. Any exercise that gets your heart rate above resting levels can help to improve your fitness, be it walking, gym or jogging. Exercise isn't just for the young - everyone can do their bit to keep fit throughout life.

When you start to exercise, your heart rate increases in proportion to the intensity of the exercise. The Kinetik Energy Fitness Tracker allows you to measure your heart rate whilst exercising so that you can alter the intensity of your exercise to ensure a safe and efficient workout.

If you have not exercised for a while, we recommend that you start gently and gradually build up to moderate activity. If you have any health problems, you should speak to your doctor before starting an exercise programme.

Before using the Kinetik Energy Fitness Tracker, please read the instructions included in this user manual.

Parts



Features

- Bluetooth 4.0 (BLE) Wireless Data Transmission
- Real time Heart Rate Monitor with ECG type display
- Real time 3D Sensor to monitor movement
- Fat Burning Zone Indicator
- Max, Min and Average Heart Rate record
- Max and Average Speed record
- Calorie Counter
- Record and Review workout sessions
- Tracks Time and Speed & Distance travelled
- Displays Workout Session in graph form
- Displays Session Route in map form
- Total Stats Counter
- Body Mass Index (BMI) Calculator
- Disconnect Alarm
- Metric and Imperial measurements
- 12 / 24 hour time format

Using Your Energy Fitness Tracker

1. Remove the Energy Fitness Tracker EFT1 from the packaging and charge the battery using the supplied USB cable. The LED indicator will remain on during the charging process and switch off when the battery is fully charged.
2. On your iOS device, download the Kinetik Energy app from the App Store.
3. To ensure the Kinetik Energy app can work as intended, please ensure your iOS device has the following functions set to ON:-
 - a. Bluetooth [Settings – Bluetooth]
 - b. Location Services [Settings – Privacy – Location Services]
4. Set up the app by entering your details into the settings page (height, weight etc.).
5. Place the EFT1 onto your arm and adjust strap so that it is comfortable.



Using Your Energy Fitness Tracker

Note the following when placing the EFT1 onto your arm:-

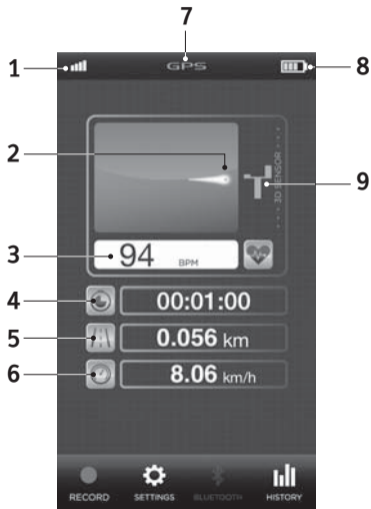
- * Ideally, the EFT1 should be worn on the left arm just above the elbow.
- * The EFT1 uses reflected light to measure your heart beat. Body hair will obstruct this light so always place the EFT1 onto the arm where there is little or no body hair.
- * The EFT1 should be worn snugly so that the light sensor on the underside of the unit is in contact with the skin but not too tight as to be uncomfortable.

Using Your Energy Fitness Tracker

6. Pair the EFT1 with the iOS device as follows (**first time use only**):
 - a. Press and hold the button in the centre of the EFT1 until the LED blinks rapidly.
 - b. Press the Bluetooth icon on the bottom of the screen. Once the EFT1 is paired with the iOS device, the app will return to the homepage.

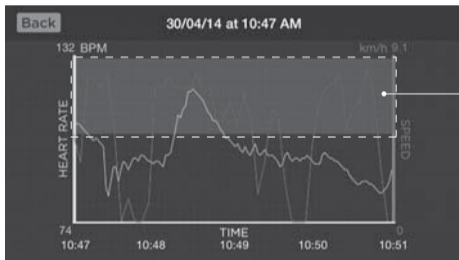
Subsequent use: Once paired, the iOS device will search for the EFT1 and auto connect each time the app is started, please therefore ensure that the EFT1 is always switched on ***before*** starting the app.
7. Allow the EFT1 a few moments to start detecting your heart rate and movement.
8. Press the Record icon to record your fitness session. When completed press the Stop button.
9. Review your fitness session in the History page.

Explanation of Symbols on the App



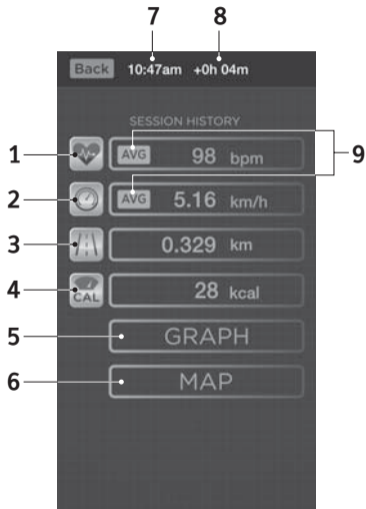
- 1 EFT1 signal strength
- 2 Real time pulse indicator
- 3 Heart rate (Beats Per Minute)
- 4 Time
- 5 Distance
- 6 Speed
- 7 GPS signal indicator
- 8 Battery indicator
- 9 3D sensor

Explanation of Symbols on the App



Fat Burning Zone

Explanation of Symbols on the App



- 1 Heart rate (Beats Per Minute)
- 2 Speed
- 3 Distance
- 4 Calorie
- 5 Graph
- 6 Map
- 7 Start Time
- 8 Session duration
- 9 Press for AVG, MIN & MAX

Fat Burning Zone

When your heart rate is between 60% and 75% of your Maximum Heart Rate, fat is the main source of energy for the body. Exercising at this level of intensity will therefore burn fat. It will also improve your fitness and endurance. The Fat Burning Zone visual and audible indicators can be switched off and on in the Settings page.

Maximum Heart rate

Your maximum heart rate (MHR) is the fastest heart rate your heart can reach. It is highest in childhood and gets lower with age. Your Maximum Heart Rate is calculated as: $205.8 - [0.685 \times \text{Age}]$

Cleaning

Cleaning

The EFT1 would be cleaned with a soft cloth and mild detergent. Ensure the light emitters on the underside of the EFT1 are clean and free from dirt and grime to ensure accurate measurements.

The elasticated band can be removed from the EFT1 and washed in warm soapy water before rinsing with clean water and allowing to dry naturally.

The EFT1 is IPX4 splash proof but is **not** water proof. Do not wear while swimming.

Specifications

Model Number:	EFT 1
Product Name:	Energy Fitness Tracker
Physical Dimensions:	54mm(L) × 54mm(W) × 14mm(H)
Operating Temp:	10°C to 40°C
Operating Humidity:	20% RH to 85% RH Non-condensing
Storage Temp:	-5°C to 50°C
Storage Humidity:	15% RH to 95% RH Non-condensing
Readable Heart Rate Range:	40 to 220 ± 10% of bpm
Automatic Power-off:	3 min without any activity
Min Recommended Wrist Size:	145mm
Water Resistance:	IPX 4
Battery:	150mAh Lithium Polymer
Radio Frequency/Protocol:	<i>Bluetooth</i> ® Smart Wireless Technology

NOTE: Design and specifications are subject to change without notice

Troubleshooting

Most problems can be resolved simply by clearing the app from the iOS memory and switching off the EFT1 before restarting both the EFT1 and the app (in that order). If this does not clear the problem, connecting the EFT1 to a USB charger using the supplied cable will perform a software reset on the EFT1.

Problem	Solution
EFT1 will not switch on.	Battery needs recharging. Connect to USB charger until the charging is complete.
EFT1 is non responsive.	Perform a software reset by connecting the EFT1 to a USB charger using the supplied cable.
Cannot pair the EFT1 to the iOS device.	Ensure the Bluetooth function on your iOS device is enabled. Remove the app from memory and switch off the EFT1 before starting the pairing process. Once pairing is complete (i.e. for subsequent uses), always switch on the EFT1 before starting the app.

Troubleshooting

Problem	Solution
EFT1 will not detect a heart rate.	Ensure the sensors are clean and free from dirt. Ensure the EFT1 is placed so that body hair does not block the light from the sensors. Try placing the EFT1 in different locations (such as the wrist, forearm, bicep area). Try not to place the EFT1 on your wristbone as a heart rate may be difficult to detect.
Heartbeat is erratic.	For best results do not make excessive or irregular movements when wearing the EFT1. The EFT1 is designed to automatically adjust to your pace of movement so walking, jogging or running at a smooth and steady rhythm will give the most accurate readings.

Diet and Lifestyle Information

The health implications of being overweight or obese are well documented. Some of the most common problems linked to being overweight or obese are heart disease, type 2 diabetes, hypertension and osteoarthritis. In general, weight issues are caused by an excess of fat.

It is widely accepted that by getting down to a healthy weight you will minimise those potential health risks. The best and safest results for weight loss come from the combination of a balanced diet and regular exercise. An additional benefit of this is that it is sustainable.

There are two basic ways to reduce weight: increase exercise to burn calories and cut down the calories you eat.

Healthy eating tips

- Eat lots of fruit and vegetables and high fibre foods to help keep your diet healthy, balanced and satisfying
- Try to enjoy a variety of foods in your diet
- Make one or two positive changes to your diet each week and build on them

Diet and Lifestyle Information

- Drink plenty of water to prevent getting dehydrated (6-8 glasses/day). A glass before a meal may help to reduce the appetite
- Spread your calorie intake throughout the day by eating regular meals and avoid heavy meals in the evening
- Eat regular meals, starting with breakfast. People who have breakfast find it easier to control their weight
- Choose lower fat foods and check portion sizes, especially when eating out
- Try to get hold of the menu in advance when eating out, choose healthier options and avoid rich sauces, fried foods and pastry. Pick fruit, sorbet or low fat ice cream as desserts
- When days do not go to plan, do not give up. Think positively and 'get back on track' right away. The occasional lapse is very normal
- Cut down on salt by adding less to food when cooking or during your meal
- Divide your plate in half, cover half with vegetables and share the remaining half equally between starchy foods and meat or fish

Diet and Lifestyle Information

The balance of good health

There are eight key tips for a healthy diet that you may like to consider:

- Enjoy the food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Do not eat too many foods that contain a lot of fat
- Do not have sugary foods and drinks too often
- Drink alcohol in moderation

The idea of a balanced diet is to include foods in the right proportions. The aim is to get all the nutrients your body needs whilst maintaining a healthy weight. It is not a case of having roughly equal measures of everything. There should be a lot of some foods and just a little of others.

Diet and Lifestyle Information

The Balance of Good Health divides food into 5 different groups:

- Bread, other cereals and potatoes (starchy foods)
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish and alternatives
- Foods containing fat and foods containing sugar

Bread, other cereals and potatoes

This group contains starchy foods such as; breakfast cereal, pasta, rice, oats, noodles, maize, cornmeal, potatoes and all types of bread.

Contrary to popular belief, these foods are not fattening. In fact, they contain about half the amount of calories as the same weight of fat or oil. It is what we add to foods in this group that makes them fattening, so try to avoid:

- Having them fried too often (e.g. chips or roast potatoes)
- Adding too much fat (e.g. butter/oil or margarine)
- Adding rich sauces and dressings (e.g. creamy sauces on pasta)

Diet and Lifestyle Information

Try to eat wholegrain, wholemeal or high fibre versions where possible. This is because they contain more fibre. There are several advantages to eating foods rich in fibre:

- It prevents constipation
- It helps to protect against bowel problems, including cancer
- It helps control the appetite by keeping a person fuller for longer
- Soluble fibre, such as that in oats, has also been shown to lower cholesterol levels

Tips for increasing complex carbohydrates and fibre:

- Make sure a starchy carbohydrate such as breakfast cereal, potato, bread, rice or pasta is eaten at each meal
- To increase the intake of fibre, go for wholegrain varieties
- Replace some of the meat in soups and casseroles with lentils, pearl barley, beans or peas

Diet and Lifestyle Information

Fruit and vegetables

Eating at least five servings of fruit and vegetables a day is an important element of a healthy eating plan. As part of this quota, a person can have fruit or vegetables that are:

- Fresh, Frozen, Canned, Dried, Juiced *

**A glass of fruit juice counts towards your 5-a-day target, but it only counts as one portion however much is drunk in a day. It is recommended that a person eats a wide variety of fruit and vegetables and tries to avoid adding fat or rich sauces to vegetables or adding sugar or syrup to fruit.*

Milk and dairy foods

This group includes:

- Milk*
- Cheese**
- Yoghurt and fromage frais**
- Eggs

*Use semi-skimmed or skimmed milk

**Choose lower fat versions whenever possible. This means low fat cheeses and low fat or 'diet' yogurts and fromage frais.

This group does not include butter or cream, which are included under the section for fats

Diet and Lifestyle Information

Meat, fish and alternatives

This food group includes:

- Red meat
- Fish*
- Beans**
- Seeds
- Vegetable protein foods such as quorn
- Poultry
- Pulses**
- Nuts
- Soya products

*Fish includes frozen and canned fish such as sardines and tuna, fish fingers and fish cakes. Aim to eat at least one portion of oily fish such as sardines or salmon each week, as these contain oils which will benefit the heart and help to keep it healthy.

**Beans and pulses are good alternatives to meat as they are naturally very low in fat.

Choose lower fat versions whenever you can- e.g. by cutting the fat off meat, removing the skin from poultry and eating fish without the batter. Many of these foods naturally contain fat so try to cook them without adding any oil or extra fat.

Diet and Lifestyle Information

Fats

This food group includes:

Margarine, butter, other spreading fats and low fat spreads, cooking oils, oil based salad dressings, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cakes, puddings, ice cream, rich sauces and gravy.

These foods are all high in calories and need to be controlled carefully if a person is to lose weight or fat. Although some fats are better for our health than others, they all contain the same amount of calories and so it is important to limit sources of all fats. We all need to include some fat in our diet and it helps to make foods more interesting and enjoyable.

There are three main types of dietary fat- saturated, mono-unsaturated and polyunsaturated and most foods contain a mixture of these three. Food labels often give the type of fat present in food, as well as the amount. Saturated fats are the most damaging to your health and are usually found in animal products such as meat, butter, milk and cheese. Mono-unsaturated and polyunsaturated fats are referred to as 'healthier' types of fat, as they can potentially lower your blood cholesterol levels and reduce the tendency for blood to clot. These are largely found in oils and fish.

Diet and Lifestyle Information

Oily fish such as salmon, sardines and pilchards are rich in omega-3 fatty acids, which are unsaturated fats. Current recommendations are that we should aim to eat fish at least twice a week, including one portion of oily fish. In smaller amounts, this type of 'healthier' fat can also be obtained from plant foods such as rapeseed, walnuts, soya, flax and linseed oils.

Sugars

This food group includes: Soft drinks, sweets, jam, cakes, puddings, biscuits, pastries and ice cream.

Sugary foods often contribute few vitamins and minerals to the diet and are high in calories. Artificial sweeteners make it easier to cut down on these foods without missing out. Eating sugar too often can lead to tooth decay and weight gain.

Here are some tips to help reduce sugar intake:

- Avoid foods with high sugar content. Remember sugar has many different forms and may be referred to as sugar, glucose, sucrose, dextrose, brown sugar, fruit fructose, cane sugar, honey, molasses, treacle, syrup and many more
- Use artificial sweeteners in tea and coffee if you need them

Diet and Lifestyle Information

- Use less sugar when cooking
- Buy ready made low sugar desserts
- Substitute sugar coated cereals with high fibre and wholegrain ones
- Buy tinned fruit in natural juice rather than syrup
- Cut down on the amount of biscuits, cakes, honey, jam and marmalade
- Cut down on all kinds of sweets and chocolates
- Choose low calorie soft drinks or unsweetened fruit juice diluted with water

Physical Activity

Regular physical activity, combined with healthy eating, is known to be the best method of losing and maintaining a healthy weight, as well as improving your overall health. There are numerous benefits of being more active.

Benefits of exercise

- More energy and greater stamina
- Stronger, more toned muscles for a better shape and appearance
- Lower risk of heart disease and stroke
- Lower risk of osteoporosis

Diet and Lifestyle Information

- Reduced risk of diabetes
- Improved blood pressure and cholesterol levels
- Less breathlessness
- Feeling less stressed
- Better quality of sleep
- Better self esteem
- Helps speed up weight loss and helps maintain target weight

Any extra physical activity benefits health and fitness. A good target is to aim to do 30 minutes each day.

Once you get started you will identify more and more opportunities to be active and this will increase the chances of successfully losing weight and keeping it off. The 30 minutes of exercise does not have to be done all in one go. Two lots of 15 minutes, or even three lots of 10 minute bursts of activity, may be just as effective as 30 minutes of continuous activity. Everyone should try to fit this into their normal routine and once established, aim to gradually build this up to 60 minutes a day.

Diet and Lifestyle Information

A good way to start getting active is to carry on with an everyday routine, but do things in a way that requires a bit more energy, and then build this into a daily lifestyle.

You should always check with your doctor about the best form of activity if:

- You have not been active for some time
- You have heart trouble
- You have high blood pressure
- You have experienced unexplained chest pains
- You have experienced dizziness or fainting
- You have a bone or joint problem that could be made worse by exercising
- You have concerns about becoming more active

Maintenance and Cautions

- Do not immerse the Energy Fitness Tracker in water or any liquid. Do not drop the Energy Fitness Tracker or throw it from a height
- Do not use any chemical to clean the main Energy Fitness Tracker. In case you need to clean them, please wipe with a damp, lint free cloth

Storage

- After use store the Energy Fitness Tracker safely and out of the reach of children
- Store the Energy Fitness Tracker in a cool, well ventilated place
- Do not expose the Energy Fitness Tracker to direct sunlight and protect them against dirt and moisture
- Never place any heavy objects on the Energy Fitness Tracker

Customer Feedback

We are constantly striving to delight our customers with our products and customer service. We value your opinion and feedback on our Energy Fitness Tracker as this helps us to develop and continually improve. We would be grateful if you'd share your thoughts in reviewing this product. Please visit www.kinetikmedical.com to leave your feedback.

Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.

EC REP

REF EFT1



Explanation of symbols on the Unit



Read the instructions.



Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.



Symbol for "Manufacturer".



This product complies with European Directives.



Symbol for "European Representative".



Model number



IPX4 Splash Proof

Notes

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