



# EMPOWER WALK

## Quick Start Guide

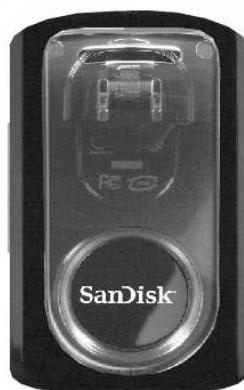


## SanDisk Sansa Clip MP3 & Audio Book Player

### Getting Started Operating the Player

#### Step 1

**Remove all contents** from Beta Kit packaging. Place the SanDisk Sansa Clip MP3 player in front of you. It looks like the image below (front and back shown). Unwrap the two other pieces in the box – the headphones and the USB cable.



#### Step 2

**Plug the headphones** into the jack slot on the right side of player and place the foamed-covered ear buds in your ears



#### Step 3

**Slide up** the spring-loaded **power switch** for one full second until a SanDisk log appears on the screen



In a couple of seconds you should see first Empower Walk selection cued up on a screen with screen elements that resemble the image below. The yellow numbers at the top will read "01/31" indicating that you are beginning with audio file No. 1 (of 31).



**[Note: if the player goes into battery-save mode and the screen goes blank just quickly slide up the power switch as in Step 3 above to revive screen.]**

### Step 4

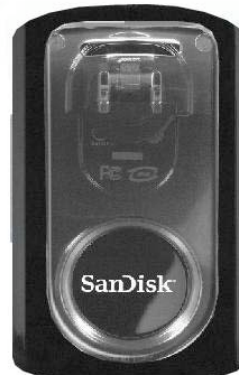
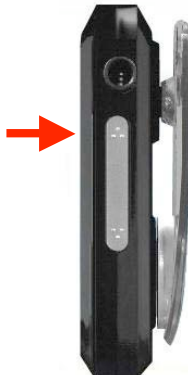
Press the **Play / Pause** button to initiate playback



You should now be **hearing a voice** announcing the beginning of the Empower Walk Product Introduction.

### Step 5

If needed, **adjust the volume** with the Volume Up / Down rocker switch on right side of the player



### Step 6

Clip the player to your waist or pocket with the spring clip located on the back

When you are finished listening for the day or for the moment, **power off** your player by performing the following:

### Step 7

To **power off** the player simply slide up the spring loaded power switch for 2 full seconds until you see the SanDisk logo followed by "Goodbye"



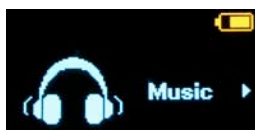
## To Make Voice Recordings on Your Player



### Step 1

Press the **Main Menu Button** on the face of the player above and to the right of the controls wheel

The Main Menu is comprised of four separate menu items shown below



### Step 2

Press the **Down / Submenu button** to move through the 4 Main Menu selections pictured above

### Step 3

Choose Voice



### Step 4

Press the **Select button** in the center of the controls wheel to select the **Voice** function. Press the **Select button** again to select "Record Now" which will start your recording. Press the **Select button** again to stop your recording producing a "Save Recording?" choice. Press the **Select button** again while "Yes" is highlighted to save your recording.

To **playback a voice recording** just navigate back to the Voice menu and choose Play Recordings. A menu of your recordings will appear. (If you possess some computer experience you can rename your recordings to whatever you like when attached to your computer.)

## To get back to your previous Empower Walk selection after Voice recording or FM listening...

If you Voice record something or listen to the FM Radio and want to get back to the Empower Walk selection you were listening to just press the **Main Menu button**, navigate back to **Music**, press the **Select button** to get into the Music submenu area. Once there you will see a selection just below Play All called **“Play Previous”**. Step down to this choice and **press the Select Button**. The audio file you were listening to when you left to use the Voice Recorder or listen to the FM Radio will begin playing where you left off.



## If you somehow get lost in the menu options...

If you get lost somewhere in the menu system of the player press the Main Menu Button and then navigate to the function you desire using the Down / Submenu button.

If you find you're on the wrong number press the **Left / Previous** buttons while watching the top of way back to the file you were another file of choice in the program. All audio Components program will play in order until Pause button. If you Pause a file you position in the file is saved you left off when you power on



Empower Walk file or **Right - Forward** the screen to find your listening to or to Empower Walk in the Empower Walk you press the Play / and turn off the player and will pick up where again later.

## If you want to skip around among the different Empower Walk Segments...

We instructed you to listen to the Empower Walk content using the “Play All” feature of your MP3 player for the sake of simplicity. If you want to skip to another Segment of the program and listen to audio files there you can do so using menu selections under the Music menu choice. Just navigate to “Music” and then move the highlight bar down to either “Artists” or “Albums”. Choose either by using the center Select button; choose Empower Walk using the center Select button again and then move the highlight bar down to the Segment you want and choose that Segment by, again, using the **Select button**. All audio Components underlying the chosen Segment title will be exposed and be selectable for playing with the Select button.



## Charging your player...

To charge your player connect the USB cable you received into the player and into a USB port on our PC (which end goes where will be obvious). Regardless of what type of computer you own the player will automatically load the software drivers necessary for player-to-PC communication. You will see the following install progression on the bottom right side of your PC screen:



## Loading your own content...

***[Note: for the duration of the Beta Testing please do not load any other content onto the SanDisk Sansa Clip we have provided to you. Doing so could cause the Empower Walk content to get mixed in with other content confusing the order of content playback and causing frustration for you.]***

## If you need technical support...

Call the Empower Walk hot line at 626-379-7313 or email us at [support@empowerwalk.com](mailto:support@empowerwalk.com)

## Sansa® Clip at a Glance

|                        |   |
|------------------------|---|
| 1 Display window       | Display the information and status here   |
| 2 Left/Previous/Rewind | Press for previous track, rewind, or move left  |
| 3 Select Button        | Press to select the item  |
| 4 Down/Submenu         | Press to move down or to options menu   |
| 5 Right/Forward        | Press for next track, fast forward, or move right   |
| 6 Up/Pause/Resume      | Press to move up one item, pause, or resume   |
| 7 Menu                 | Return to the Main Menu   |
| 8 MIC                  | Built-in microphone   |
| 9 Earphone Port        | Connect earphones here to listen  |
| 10 Volume Up           | Turns up the volume   |
| 11 Volume Down         | Turns down the volume   |
| 12 Hold/Lock           | Factory sets to locked position (shows orange color). Slide to center position for controls. When locked, all controls are disabled to prevent accidental activation of controls.                                     |
| 13 Power/Reset         | <ul style="list-style-type: none"> <li>• Slide up to turn on the player</li> <li>• Slide up and hold for 2 seconds to turn off the player</li> <li>• Slide up and hold for 15 seconds to reset your player</li> </ul> |
| 14 USB Port            | Plug USB cable here to connect to a computer  |
| 15 Clip                | The removable clip accessory  |

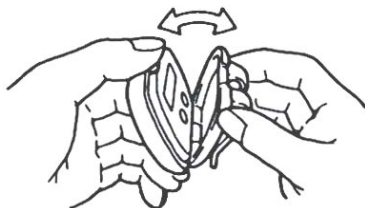


## Yamax SW-200 Pedometer

The Yamax SW-200 Pedometer is considered by experts to be the gold standard by which all pedometers should be judged. Below are the simple instructions to get you started using this highly accurate device.

### How to open your Pedometer

Hold on to the top of the **waistband clip** with one hand and, with the thumb of your other hand, push the **clasp on the cover** away from you (below).



### How to reset your Pedometer

Push the button marked **"RESET"** below the step counter window. The counter resets to "0".

### How to Wear your Pedometer

Correct positioning of your pedometer is essential to obtaining accurate step counts. Everyone has a unique body shape and people differ in their walking style. For these reasons you may need to experiment a little to find the ideal placement of your pedometer. The most common placement is on your belt or waistband. In order for the counting mechanism to function correctly the pedometer must be clipped on such that it is not tilted (forward or backward). The face of the pedometer should be level such that the writing on the label is horizontal. (See pictures below.)



Correct (not tilted forward)



Incorrect (tilted forward)



Correct (level)



Incorrect (not level)

### To reset the electronics in the event of a malfunction

Push the button marked **“RESET”** below the step counter window and hold for about 5 seconds and then release. The display go blank then read “8;8;8;8;8” before returning to “0”. Your unit has been cleared.

### Steps, not distance

It isn't important how far your steps take you in terms of distance. The distance you travel per a given number of steps is determined by your stride length, which depends largely on your height, and computing stride length introduces needless complication to the process. The important thing is to reach your goal in terms of number of steps. As the program content explains, find your average number of steps per day and per week and increase that number by an additional 2000 steps per day or 14,000 steps per week.