Sensewear Armband Analysis

The Sensewear Armband is a research-grade activity monitor that measures your physical activity and caloric expenditure in real-life, but allows us to analyze your data in our lab.

Once you have worn the small armband for several days, we analyze and send you a report looking at trends in your:

- Energy expenditure (calories burned!)
- Steps taken in the day (goal is 10,000!)
- Physical activity (daily activity and exercise)
- Sedentary and Lying Down time
- Exercise intensity (easy, moderate, hard)
- Sleep duration and efficiency!

What do I have to do?

- Make an appointment with us in the Exercise Physiology Laboratory
- We will set you up with an armband! All you have to do is wear it 24/7 for a couple days, except when swimming or showering.
- You’ll drop it off with us or in MCH 250, and we will email your report within a few days!

Where do I go?

The lab has moved! We are located on ISU’s campus in McCormick Hall, room 177.

For parking and directions, please visit: http://tinyurl.com/directionstoISUExPhys Lab or http://www.parking.ilstu.edu

How much does it cost?

General Public: $60
2+ lab services – 5% off
- Inquire about group and ISU discounts!
- Cash or Check Only!

Who do I contact to participate?

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