

# 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/directionstoISUExPhysLab> or  
<http://www.parking.ilstu.edu>

## How much does it cost?

General Public: \$60

2+ lab services– 5% off

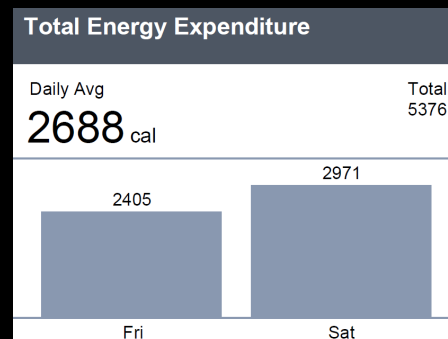
- Inquire about group and ISU discounts!
- Cash or Check Only!

## Who do I contact to participate?

Laura Wheatley, M.S.  
 Exercise Physiology Lab Program Coordinator  
**Email:** [lavedee@ilstu.edu](mailto:lavedee@ilstu.edu)  
 Phone: 309-438-3526

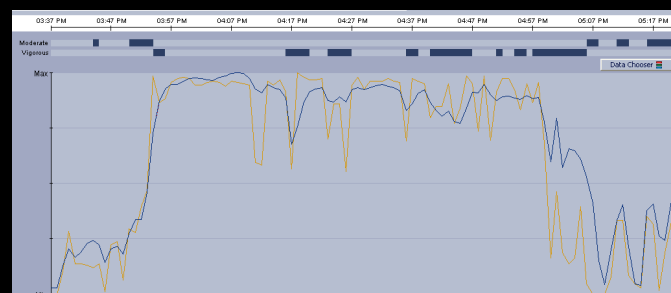
## Measure Total Energy Expenditure

Can be recorded day by day or across multiple days



## Measure Exercise Energy Expenditure

Can analyze each workout OR a week of workouts



## Sleep Efficiency

Compares lying down vs. actually sleeping

