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Tudor-Locke, Catrine, Bassett, David R Jr. Manpo-kei: Art and Science of Step Counting; Our Expert Recommends. Should You Walk 10,000 Steps Per Day for Weight Loss?

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Pedometer references - wellness.com

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in part by Catrine Tudor-Locke, book Manpo-kei: The Art and Science of Step Counting. term for pedometer manpo-kei or 10-thousand-step

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