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### **Www.forthhealthcare.com**

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### **Pedometer references - wellness.com**

Pedometer References: bibliography - Aittasalo M, Miilunpalo S, Kukkonen-Harjula K, et al. Tudor-Locke, Catrine. Manpo-Kei: The Art and Science of Step

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### **Catrine tudor-locke (author of manpo- kei )**

Catrine Tudor-Locke is the author of Manpo-Kei (5.00 avg rating, 1 rating, 0 reviews, published 2003), Manpo-Kei (0.0 avg rating, 0 ratings,

### **How many steps/day are enough? - springer**

Tudor-Locke C. Manpo-kei: the art and science of step counting. Department of Health and Exercise Science, University of Tennessee, Knoxville, Tennessee, USA

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