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ABSTRACT



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A device is provided which is capable of determining an amount of exercise involved in walking a like exercise as well as of obtaining quantitative information about visceral fat in the abdominal part of a subject and which can be used handily as carried with the subject every day.

The visceral fat determining device with a step counting function is configured as follows. The visceral fat determining device has a step counting means for counting the number of steps involved in exercise such as walking done by a subject and a main body shaped portable. When body data of the subject such as the waist size of the subject is inputted to the visceral fat determining device through a manipulation section, the visceral fat determining device is capable of performing a computation of the body data based on a predetermined computing formula for obtaining quantitative information about the abdominal visceral fat of the subject.