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HEALTH MAINTENANCE SYSTEM

ABSTRACT

A portable motion recorder (10) determines an amount of energy necessary for the daily basal metabolism of a user and the amount of energy consumed by the user for metabolism for living activities on the basis of measured data measured by a pedometer included therein and user's basic personal data entered by operating an input unit (12). Data provided by the portable motion recorder (10) is displayed on a display unit (16). The portable motion recorder (10) receives measured data measured by exercise machines (20, 30, 40) from the same. Comprehensive evaluation of energy consumed by the user is made on the basis of energy necessary for user's daily basal metabolism, energy consumed by the user for metabolism for living activities, and energy consumed by exercise using the exercise machines (20, 30, 40). The result of comprehensive evaluation as information about the user's health maintenance condition is displayed on the display unit (16).

FIG. 1

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