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(54) **Title**: HEALTH MONITOR

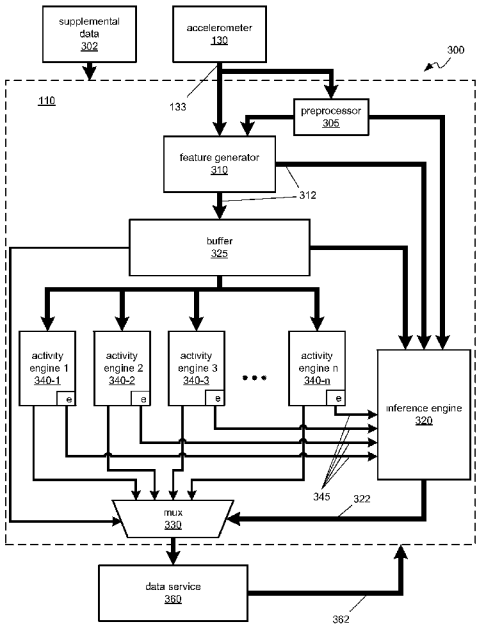


FIG. 3

(57) **Abstract**: Apparatuses and methods are disclosed for monitoring and evaluating exercise-related activities performed by a subject. A health monitor comprising an accelerometer, at least one physiological sensor, and digital processor is configured to be supported by a subject and identify an activity type (e.g., running, biking, swimming) from among a plurality of different activities. The health monitor is further configured to determine from motion data and/or cardiac data levels of health benefits received from the exercise. The health benefits may be based on standards established by recognizable health entities, so that the reported health benefits are less susceptible to errors associated with conventional step counting.

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