



Using a Pedometer

Pedometers are a great way to track your daily activity. They determine how many steps you normally take in a day and help you set a target for increasing daily steps or distance. Your pedometer doesn't need to be fancy (the steps only pedometers work great!), but if you'd like to have one with additional features, there are plenty that offer distance, calories burned, and more.

Fun Tidbits

- Studies show that taking 10,000 steps a day (5 miles) can help improve your long term health and reduce risk of chronic disease.
- Increasing your speed for 3,000-6,000 of your daily steps can improve heart health and weight loss.
- For substantial weight loss, experts recommend 12,000-15,000 steps a day.
- Approximately 2,000 steps equal one mile.
- Most people average 2,000-4,000 steps a day in routine activity.
- Aim for 7,000 minimum with the goal being 10,000 steps a day.

How to Use your Pedometer

Wear your pedometer for one week to get an average baseline of your steps. Try not to make any changes to your normal routine. The next week, try increasing your daily steps by 20%. For example:

1. Total the steps you took last week and divide by 7.
2. Now multiply that number by 1.2.
3. This is your new step target for the week.
4. At the end of that week, increase by another 20% until your goal of 10,000 steps/day (or 12,000-15,000/day for weight loss) is reached.
5. If you have a pedometer that calculates distance, be sure to read the instructions included for measuring your stride.

Tips for Increasing Steps

- Park at the outer edges of parking lots when you're doing errands.
- Take the stairs instead of the elevator or escalator. Remember, down stairs counts too!
- Walk during part of your lunch break.
- Talk to co-workers in person instead of calling or e-mailing.
- Get off your bus one stop earlier.
- Walk around your home (or up and down the stairs) during television commercials.

- Pace while you talk on the phone. In a five-minute conversation, you can add about 100 steps!
- Meet friends for a “walk and talk” instead of coffee or lunch.
- Take Fido for a walk!
- Find reasons to make extra trips up and down the stairs in your home.

Track Your Steps

Day of the Week	# of Steps Taken
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
TOTAL STEPS	

Get Walking!

Below are some pedometers that we recommend (organized alphabetically; prices are approximate).

Digiwalker

- SW-200 (steps) \$19.00
- SW-701 (steps, distance, calories burned) \$24.00

Where to buy: www.digiwalker.com

Freestyle Pacer Pro (steps, time spent exercising, distance, calorie, speed) \$17.00

Where to buy: www.Amazon.com

Oregon Scientific

- Digital Step Counter (steps) \$10.00
- Pedometer with Calorie Counter and 7-day memory \$25.00

Where to buy: Oregon Scientific store in Bridgeport Village or www2.oregonscientific.com/default.asp

Sportline Fitness

- 330 (steps) \$14.00
- 345 (steps, distance, calories burned) \$11.00
- 360 (steps, calories, speed, steps-per-minute, time, 7-day memory) \$14.00

Where to buy: Online through various retailers or at Sears

References

About.com: <http://walking.about.com/cs/measure/tp/pedometer.htm>

America's Walking: <http://www.pbs.org/americaswalking/gear/gearpedometers.html>