

A Guide to Using Your Pedometer

Walking is a great way to help you lose weight, keep the weight off, and improve your health.

Use a Pedometer to:

- Measure how many steps you take.
- Get feedback about your activity.
- Plan, track, and reach your physical activity goals.

How to wear your Pedometer:

- Clip it to your clothing, or place it in a pocket or a bag that you carry or wear.
- Use the leash and clip to keep from dropping or losing your pedometer.
- Do not get the pedometer wet.

Pedometers do not measure:

- Walking for less than 10 steps or 10 seconds at a time.
- Cycling, swimming, some dancing, basketball, and tennis.
- Distances covered while using a manual wheelchair—this requires an odometer/cyclometer.

Getting started:

- Wear your pedometer every day for 1 week.
- The pedometer will count your steps in a 24-hour period beginning and ending at midnight.
- Record your steps on your *Daily Food and Physical Activity Diary*.
- At the end of 1 week, add up your daily steps.
- Determine your daily average by dividing total steps by the number of days.

Increasing your steps:

- Starting with the second week, set a goal to increase your steps. (**Example:** If you average 3,000 steps per day in first week, then set a goal to increase to 3,500 steps per day.)
- Start at a comfortable level and gradually increase steps.
- Create a weekly walking plan/schedule.



- Record your steps every day.
- Set goals that you can reach.
- Update your goals every week.
- Start where you are and build up.
- Choose an activity and a setting that you enjoy: outside, at a mall, at a gym, etc.



Ways to add walking to your lifestyle:

- Take a 10-minute walk whenever you can.
- Take the stairs (up or down) instead of the elevator.
- Take 10-minute walks during lunch and breaks at work.
- Park farther away and walk.
- Get off the bus one stop early and walk the rest of the way.
- Step in place while watching television.
- Walk your dog (or borrow a friend's dog).
- Mow your lawn with a push mower or do other yard work.
- For short distances, walk instead of driving your car.

- Take the long way when walking to meetings.
- Find a regular walking partner.

Other important facts:

- For health benefits and weight maintenance, aim for walking or other physical activity for 150 minutes (2½ hours) per week, in periods of at least 10 minutes.
- To help you lose weight, walk or be physically active **more than 2½ hours per week**. Weight loss may be achieved with 300 minutes (5 hours) per week of physical activity.
- Walking and wheeling are easy, inexpensive, and you can do them almost anywhere.

10,000 steps per day (about 5 miles) meets the Physical Activity Guidelines for Americans.