

Limitations to using a pedometer:

- Pedometers do not reliably measure...
 - * Side –to-side activities.
 - * Activities at very slow walking speeds.
 - * Activities such as cycling, swimming, some types of dancing, basketball, and tennis.
- Be careful not to accidentally reset your pedometer during the day. This could happen if you put pressure on the reset button.

- 1 mile = 1,900-2,400 steps
- 10 minutes of moderate paced walking (3 MPH) = 1200 steps
- Leisurely Cycling = 100 steps/min
- Raking the garden for 10 minutes = 1200 steps

Pedometer Log (Record number of steps each day)

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1							
2							
3							
4							



A Guide to Using Your Pedometer



MOVE!

<http://www.move.med.va.gov>

How do I wear my pedometer?

- Place your pedometer on the waistband of your clothing or belt.
- Place it close to the midline of your thigh directly over your knee.
- Do not get the pedometer wet.

Getting Started:

- Wear your pedometer from morning until night every day for one week.
- Record your steps at the end of each day.
- At the end of the week, total your steps and divide by the number of days recorded. This will give you a daily average.
- You don't need to increase your activity level the first week. Simply observe how many steps you take.

Increasing Your Steps:

- Each week try to increase your steps by 500 steps per day. For example, if you average 3,000 steps per day, set a goal to increase to 3,500 steps per day the next week and 4,000 steps per day the week after that.
- Set realistic goals.
- Create a walking path or route that will allow you to reach your goal. You can walk a single loop, walk a shorter loop multiple times, or walk out one direction for a certain number of minutes and then return by the same path.
- Record your step count results each day on your Activity/Pedometer Log.



Suggestions for Increasing Steps:

- √ Take the stairs instead of the elevator.
- √ Park farther away and walk.
- √ Get off the bus a few blocks before your stop.
- √ Step in place during television commercials.
- √ Walk the dog.
- √ Mow the lawn.
- √ Vacuum or sweep the floor.
- √ Take a 10 minute walk after dinner.
- √ Walk instead of driving your car short distances.
- √ Take the "long way" when walking to meetings.
- √ Take short 10 minute walks during lunch and breaks at work.
- √ Find a walking partner so you can motivate each other.
- √ Plan active weekends (walking, hiking, going to the park).