

### **How do I wear my pedometer?**

- Clip the pedometer on the waistband of your pant/short/skirt or belt.
- Place it over the midline of your thigh straight above your knee.
- Avoid getting the pedometer wet.

### **Let's Get Started:**

- Wear your pedometer first thing in the morning until you got to bed at night every day.
- Record your steps at the end of each day on your step tracker.
- At the end of the week, total your steps from all the days and divide by the number of days steps were recorded. This will give you a daily average.
- Use the first week's steps as a guide of how many steps you are taking now, and choose from that number how you can increase them.

### **Let's Increase Your Steps:**

- Make your goals realistic.
- Every week try to boost your steps by 500 steps each day.
- For example, if you average 1,000 steps each day, set a goal to increase to 1,500 steps each day the next week and 2,000 steps each day the next week.
- Make a walking route that will help you to reach your goal.
- Record your step count number each day on your Activity/Pedometer Log.

### **Suggestions for Increasing Your Steps:**

- Walk to close places instead of driving your car.
- Find the "long way" when walking to meetings.
- Make time for 10 minute walks during lunch and breaks while at work.
- Find someone to walk with and encourage each other.
- Plan activities for the weekend (walking, hiking, going to the park)
- Walk the stairs instead of the elevator.
- Park your car farther away and walk.
- Get off the bus a few blocks before your stop.
- Step in place during television commercials.
- Take the dog for a walk.
- Push mow the lawn.
- Vacuum or sweep the floor.
- Take a 10 minute walk after your meals.

### **Restrictions to using a pedometer:**

- Pedometers do not accurately record steps from...
  - Side-to-side activities.
  - Activities where you walk very slow.
  - Some activities like swimming, certain types of dancing, cycling, tennis, and basketball.
    - Be careful not to accidentally reset your pedometer during the day.
      - This could happen if pressure is put on the reset button.

#### **Sample step guide:**

1 mile = approximately 2000 steps

- 10 minutes of moderate paced walking (3 MPH) = 1200 steps
- Leisurely Cycling = 100 steps/min
- Raking the garden for 10 minutes