



## Quick Tips: Using a Pedometer

**Pedometers, also known as step counters, are a good tool for you:**

1. to find out about your current activity
2. to get started with monitoring and increasing your physical activity
3. to set personal goals
4. to motivate and remind yourself to increase and/or maintain increased activity

**What is a “good” pedometer? What should you consider when buying one?**

- accuracy
- durability
- reliability
- easy to use

**Effective pedometers have to be:**

- Simple – no need for individual calibration or added features; a single button is best!
- Inexpensive – the price of a good quality pedometer can vary between \$15 and \$30. Occasionally, there are reviews of current pedometer models in consumer journals or online.
- Secure – pedometers can and do fall off! Buy one with a “leash” so that additional fastening to clothing will hold in place.

**Your pedometer measures every step you take. Take a moment to ensure accuracy by following these steps:**

- Clip your pedometer to your waist band or belt, directly above your knee.
- Be sure it is horizontal to the ground, not angled or dangling from your clothing.
- Test for accuracy by setting the step counter to zero and walking 50 steps.
- Check display. If the reading is between 45-55, your step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check it again.

**Where to purchase a pedometer:**

- [www.accusplit.com](http://www.accusplit.com)
- The Cooper Institute: <http://www.cooperinst.org> and select Products and Services, then Fitness Tools
- New-Lifestyles Pedometers: <http://www.thepedometercompany.com/>