

How to Use Pedometer

Purpose: Use the pedometer as a fun strategy to record steps and activity time.



1. Practice opening and closing your pedometer. It sounds easy but can be difficult at first. Grasp the clips on the back of the pedometer with your index finger and thumb and with your other hand gently flip the door of the pedometer open. Practice until it becomes second nature.

2. Your Walk4Life pedometer records *steps* (# of steps you take) and *activity time* (# minutes you were walking). Use the mode button to toggle between *activity time* and *steps*. To reset the pedometer hold the reset button down for several seconds until it resets.

3. In order for your pedometer to record *steps* correctly it must be in the vertical position. Holding the pedometer in the vertical position, gently move it up and down (ceiling to floor) and check (listen then look) to see if it is counting correctly. You can actually hear the lever within the pedometer as you shake the pedometer. If the pedometer is placed horizontally it will not record *steps*. Reset your pedometer and practice comparing shakes with the pedometer *step counts*.

4. The best location for the pedometer is on the waist in line with the knee. However, for some people, other placements may be more accurate. Often, there is a problem in that the pedometer display is not perpendicular to the floor, but rather at an angle because of loose clothing, body composition, or wearing clothing at a position other than normal waist position. Since the pedometer measures ground force it must be fixed and snug to the body to sense the motion. Practice placing the pedometer on the waistband. Put it on and take it off repeatedly.

5. In order to check the accuracy of your pedometer. Place the pedometer on the waistband in line with the knee. Reset the pedometer so the step display shows zero steps. Walk and count (quietly) 100 steps. Stop on the 100th step and check the pedometer display. The pedometer should read between 95-105 steps. If the pedometer is reading something else try moving the pedometer a few inches toward your hip. Reset the pedometer and repeat the activity.