

Proper Pedometer Placement

To ensure the most accurate step count:

- ▲ Secure the pedometer snug against your waist at hip level (aligned directly over your knee – see picture below).
- ▲ Be sure the pedometer is not hanging at an angle, from a pocket or any other loose item of clothing.



Test for Accuracy – The 20 Step Test

- ▲ Reset the pedometer to “0”
- ▲ Walk around (count out 20 steps)
- ▲ Check the number of steps on the display (without taking the pedometer off)
 - If the display reads between 18 and 22 steps, your pedometer is working correctly
 - If the display reads more or less, move the pedometer to a different spot on your waist and repeat the test

Increase Your Daily Steps

How Many Steps are Enough?

The average American takes about 5,500 steps per day; the recommendation for good health is 10,000 daily steps. Where do you fall?

≥ 12,500	Highly Active
10,000 – 12,499	Active
7,500 – 9,999	Somewhat Active
5,000 – 7,499	Low Active
< 5,000	Sedentary

Simple Ways to Increase Your Steps

- ▲ Get active with your family, co-workers & friends
- ▲ Park a little further away
- ▲ Walk (don't drive) to the store to buy just a few things
- ▲ Walk for 10 minutes during your lunch break
- ▲ Use the stairs – pass up elevators & escalators
- ▲ Walk your kids to school
- ▲ Get a dog – they need to be walked
- ▲ Move (get up and walk) during TV commercials
- ▲ Walk to a further bus stop (or get off the bus 1 stop earlier and walk the remaining distance)
- ▲ Walk around while you're talking on the phone
- ▲ Hide your TV remote – change channels the old-fashioned way

For more information contact:

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USING A PEDOMETER A Guide to Help Step It Up!

Can't find time to schedule in your STEPs? Then just STEP in your schedule!

Physical activity is one of the most important things we can do to improve our health. However, finding time to incorporate an exercise regime into a daily schedule can often be a challenge. To gain some health benefits, simply increase your number of daily steps and make them more intentional and brisk!



The Physical Activity Guidelines for Americans defines baseline activity as “light-intensity activities of daily life.” So start by simply increasing walking steps into your baseline activity. Using a *pedometer* will help you determine your average baseline steps, allow you to set a personal goal to increase your daily steps and also help to monitor your progress.

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KEEPING TRACK OF YOUR DAILY STEPS

Pedometer Activity Log



Find Your Baseline Average

- ▲ To find out what your current baseline average is, wear the pedometer for a minimum of 3 days (preferably for 1 week). Make at least one of the days a “non-working” day (e.g., *Thurs, Fri, Sat*).
 - Reset your pedometer each morning
 - Put on your pedometer after getting dressed in the morning and wear it all day long
 - To get a true baseline, try not to alter your normal activity level (don’t do more than you usually do)
- ▲ Record your total number of steps at the end of each day.
- ▲ Add the total steps from each day together and divide that number by the number of days you recorded:

$$\frac{\text{THURS} + \text{FRI} + \text{SAT}}{3} = \text{Baseline Avg}$$

Record this number in the **BASELINE AVERAGE** box.

Baseline Step Count	
Day 1	_____
Day 2	_____
Day 3	_____
Day 4	_____
Day 5	_____
Day 6	_____
Day 7	_____
Total Steps	_____
÷ no. of days	_____
= Baseline Avg	
	<input type="text"/>

Daily Step Count				
	Week 1	Week 2	Week 3	Week 4
Sunday	_____	_____	_____	_____
Monday	_____	_____	_____	_____
Tuesday	_____	_____	_____	_____
Wednesday	_____	_____	_____	_____
Thursday	_____	_____	_____	_____
Friday	_____	_____	_____	_____
Saturday	_____	_____	_____	_____
Total Steps	_____	_____	_____	_____
÷ no. of days	_____	_____	_____	_____
= New Daily Avg	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Increase Your Steps

Continue wearing your pedometer while trying to incorporate new ways to increase your daily steps.

- ▲ To find your new daily average, use your pedometer for 4 weeks.
- ▲ For each week, add your total steps from each day together and divide that number by the total days you recorded (Record this number in the NEW DAILY AVERAGE box).
- ▲ After week 4, compare your **NEW DAILY AVERAGE** to your **BASELINE AVERAGE**. **Did you improve your daily number of steps?**