

Stepping up your activity with a Pedometer!



What is a pedometer and how do I wear one?

A pedometer records a step each time your foot hits the ground. The pedometer should be attached to your belt or waistband, at hip level, directly above the centre of your kneecap. It should attach firmly against your body, and not jiggle.

Checking the accuracy of your pedometer:

Reset the pedometer to zero and close the cover. Walk 100 steps. Open the pedometer and check the number of steps recorded. If your pedometer counted 10 or more extra steps, or under counted by 10 or more steps, check the placement on your waistband and be sure it is secure.

How many steps do you average in a week?

Wear your pedometer for 7 consecutive days. Be sure to record the amount of steps each day and to reset your pedometer each morning.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Now add your step counts for the 7 days and divide by 7 to get your **average daily steps**: _____.

Step Credits – how to apply steps to activities that can't be measured with a pedometer:

Determine how many steps you take in a 10-minute period – be sure to walk at a purposeful pace.

10-minutes of brisk walking = _____ steps.

This will help you determine the number of steps you take during 10-minute segments of non-pedometer activity such as swimming, cycling or rowing. So, for every 10-minutes you spend biking or in the water credit yourself the number of steps you calculated for your 10-minute walk.

How to increase your steps in a day...

For generally healthy adults, it is recommended that you take a minimum of 10,000 steps a day for health benefits! To achieve this goal ... start slowly, set realistic goals, and remember that every step counts – so keep on stepping!

A safe and healthy goal is to increase your daily average from the previous week by 10% each week. For example, if you walk 3,000 steps a day in Week 1, then your 10% goal in Week 2 will be 3,300 steps a day, Week 3 will be 3,630 steps, etc. Gradual progression is important, so step-by-step, push yourself to improve but don't wear yourself out – be sure to listen to your body. You may want to take 2 weeks to get use to the increase in your steps before adding more.

Fun facts:

- 1,200 – 1,300 steps is equivalent to walking approximately 1 kilometer
- 10 minutes of moderate intensity activity equals 1,000 steps
- 10 minutes of vigorous intensity activity equals 2,000 steps

