

Pedometers



Walking is a physical activity that is gentle on the body and is accessible to all. A pedometer can help you increase the number of steps you take. This result in many health benefits such as chronic disease prevention, improved fitness, gain more energy and reduce stress.

Pedometer

- Pager sized device
- Records the number of steps you take
- Some are analog devices which just measure steps
- Some are digital devices which have a variety of functions such as tracking distances walked, speed of walking, amount of time elapsed, calories burned, steps per minutes, pulse rate and a weekly progress history

Function

- Records each step by measuring each time the hip moves up and down
- It can also measure other movements such as bending to tie your shoes
- It will not measure the intensity of the steps taken

Use

- For the most accurate reading, wear the pedometer on the waistband in a vertical position between the navel and the hip
- Ensure that it is secure to your waistband so that it does not shift during walking which will give an inaccurate reading
- If you wear clothing without a waistband, i.e. dress, you can wear a pedometer on a lanyard around your neck and still get a fairly accurate reading
- If you are riding a bike, attach your pedometer to your shoe

Purchasing a Pedometer

- Buy one that is comfortable and easy to use and one with a protective cover to avoid resetting the device when walking

Taking Care of Your Pedometer

- Change the battery when you notice the digital display fading
- Avoid getting your pedometer wet and avoid using it in a place with excessive humidity such as saunas
- Secure your pedometer to a belt loop to prevent dropping and damage. This can be done by putting a safety string through the waist clip
- Avoid shaking your pedometer as it will alter the step count
- If the pedometer is dropped it can break the crystal inside

Reference:

Pedometer Challenge. (January 6, 2006). Retrieved March 10, 2006, from http://www.active2010.ca/index.cfm?fa+english_challenge

For more information on physical activity and walking, please call York Region *Health Connection* at 1-800-361-5653.

