

## **PEDOMETERs 101**

A pedometer senses your body motion and counts your footsteps. This count is converted into distance by knowing the length of your usual stride. Wearing a pedometer and recording your daily steps and distance is a great motivating tool. You can wear a pedometer all day, every day and record total steps. Or you can wear it just when you go out for a walking workout.

**BUT FIRST**—you can't just stick it in your pocket. **You have to firmly clip it to a belt or waistband around your waist in order for it to work properly.** It needs to be positioned above your hip bone because it is recording the movement of your hip as you walk. Clip it firmly — Don't let it flop around because it won't record your steps properly and you are likely to lose it.

It should be protected so that bumps don't punch a button and reset the count. Where and how you wear the pedometer will also influence step counting accuracy. The pedometer must be straight up and down, not tilted.

### **Pedometers Help Motivation**

Pedometers used to get a bad rap because they are not accurate for measuring distances for most people, due to uneven strides.

Stop thinking distance and and start thinking steps. Wearing a pedometer all day, you can see how many steps you are really getting in, and aim towards your goal or walking more for wellness and recovery.

Suddenly you **start finding ways to add in steps:**

- Stopping further from your destination and walking
- Adding a stroll to your breaks and lunches
- Enjoying an evening walk, maybe with a friend or loved one

**Google Map Pedometer:** Use this online tool to measure your walking route and check it against your pedometer reading.

<http://walking.about.com/library/walk/blgooglemap1.htm>

*Derived from <http://walking.about.com>*