



Using a Pedometer as part of a Walking Program

- Walking 10,000 steps per day equals 30 minutes of physical activity and meets the U.S. Surgeon General's adult physical activity recommendations.
- Wearing a **pedometer** helps monitor daily activity levels.
- It is recommended that adults wear their **pedometer** throughout the day.
- During a typical workday most people log between 3,000 and 5,000 steps.
- 10,000 steps per day equals 2,000 to 3,500 calories burned per week, which may improve overall fitness, cardiovascular health, and blood sugar control, according to the Cooper Institute for Aerobic Research.

Look for these ways to increase daily steps without adding extra time to exercise:

- Take the stairs instead of the elevator
- Park farther away from destinations
- Take short walk breaks during the day
- Walk to the TV to change channels
- Park the car and walk to the mailbox



These extra steps add up and help increase daily step totals.



How to get the most out of wearing a pedometer:

- The best location for accurate step counts is wearing your **pedometer on the waist** directly above the knee.
- If you spend a lot of time sitting or if your stomach presses against the **pedometer**, you may want to wear the pedometer on the side of your waist for comfort and “read-out” reliability.

Types of pedometers:

- There are a wide variety of pedometers available. Prices range from a few dollars to over one hundred dollars per unit.
- Some pedometers count and display footsteps only. Others count steps and display both steps and miles. There are also multi-function units which calculate your calories burned, display the time of day and provide a timer.
- Decide what will work best for you. What do you really need? What will you use? All you need to get started is an inexpensive pedometer which counts your footsteps and a good pair of walking shoes!

Good luck, work at your own pace, and have fun!

