

## Pedometer Instructions



A pedometer is a small device that you wear on your waist. It counts your steps as you walk. At the end of the day, you can check your number of steps to see how far you walked that day. It's a good way to motivate you to walk a little farther than you did the day before!

It is **very important** to write down how many steps you walk each day. The only way the pedometer will help you improve your health is if you use it as a tool to keep track of your activity so that you can improve.

### How to use a pedometer:

- ◆ Clip the pedometer onto your waist. Men can use the waist of their pants. For women, clip it to the waist of your pants or skirt. If you are wearing a dress, you might need to clip it to your underclothes.
- ◆ The pedometer can be clipped to your waist in line with your knee, or on your side over your hip.
- ◆ The pedometer should fit snugly. Clip the leash to your clothes, too, so you won't lose the pedometer.
- ◆ At the end of the day, write down how many steps you walked that day

### Goals:

- ◆ Find out how many steps you usually walk in a day. Wear your pedometer every day, from morning until night. At the end of the day, write down how many steps you walked. After a week, you will have an idea of how many steps you usually walk.
- ◆ **Try to walk 2000 steps more than you usually walk.** If you usually walk 3000 steps, try to walk 5000. If you usually walk 4000 steps, try to walk 6000. It may take a few weeks to reach this goal. You may need to go for extra walks during the day to get the number to go up. That's the idea! It motivates you to walk a little more.
- ◆ Eventually, try to walk 10,000 steps a day, every day. That will really improve your fitness!



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## **Pedometer Instructions (continued from other side)**

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### **To convert steps to miles, there are 2 options:**

**1** The first way is an estimate. There are approximately 2000 steps in a mile. So you would divide your total number of steps that day by 2000 to find out how many miles you walked. For example, if you walk 6000 steps in a day,  $6000 \div 2000 = 3$ , so you walked 3 miles. If you walk 7500 steps, then  $7500 \div 2000 = 3.75$  miles.

However, **this isn't always accurate**, because someone who is really short has to walk many more steps to get to a mile than someone who is really tall.

**2** The second way is more accurate. To find out how many of your steps are in a mile, you can walk an exact, measured mile with your pedometer on and then see what it says. **That will tell you how many of your steps are in a mile.** It might be more than 2000 or less than 2000. If you go to the high school or the middle school, there is a track in the field. Walk around that track 4 times. Four times is one mile.