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# *Maine in Motion*

## **What is and How to Use Your Pedometer**

### **What is a Pedometer?**

A pedometer is a small device that senses your body motion and counts your footsteps. This count is then converted into distance by knowing the length of your usual stride. The pedometer is used to provide individuals with an objective measure of walking steps. Wearing your pedometer and recording daily steps is a great motivating tool to help increase your physical activity level.

The main focus for your pedometer use is to record the total number of daily steps. These steps can then be converted into distance traveled.

### **Pedometer Tips!**

- If you find the pedometer recording too many steps, move it toward your navel (away from your hip).
- If you find the pedometer not recording enough steps, try moving it closer to your hip bone.
- Do a simple walk test until you find the “right zone” for you.
- The pedometer “will not work correctly” if attached to your shoe.

### **How to Use Your Pedometer**

#### **1. Find the best place to wear your pedometer.**

Attach the pedometer to your belt or pants waistband on either your right or left side approximately in line with the seam on your pants or the center of your knee-cap and parallel to the ground. Reset the pedometer to zero. Take 50 steps.



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If the pedometer shows that you took 50 steps, you've found the best place to wear it. Be sure to wear it in the same place each day.

If the pedometer did not show 50 steps, move the pedometer further out to your side and reset it to zero. Repeat the 50 steps. If the pedometer is showing close to 50 steps (45 through 55), that placement will work for you.

The pedometer will not give accurate readings if it is tilted to one side or the other. You may have to experiment to find the right placement for your body type.

**2. Attach the safety clip provided to avoid losing the pedometer.**

**3. Wear your pedometer during all waking hours.**

Put the pedometer on when you get dressed in the morning and wear it all day until you go to bed at night. The only time you would not wear it is when you are showering, taking a bath or swimming.

**4. Record your daily steps.**

At the end of each day, record the number of steps that you took on your **personal activity log**. Reset the pedometer to zero each day.