

Pedometers in Use

What is a Pedometer?

- A device which counts each step a person makes.
- A tool used to help gauge how active you are each day.

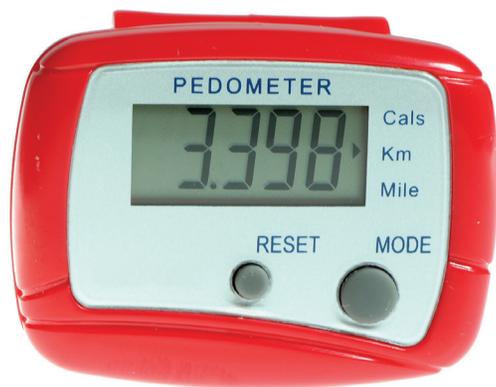
How does a Pedometer work?

A Pedometer...

- ...uses a pendulum to sense hip movement.
- ...fastens to the waist or belt area.
- ...measures steps made throughout the day.
- ...motivates you to increase your daily steps by 20% per week.

Important note:

Pedometers are not accurate for measuring running steps, pedaling motion of a bicycle, or swimming. Keep track of those activities by time or distance.



Ways to Increase Your Steps

- Walk on your breaks & lunch hour
- Park farther away from entrances
- Take a 3 minute walk every hour
- Deliver things to coworkers in person
- Take the stairs instead of the elevator
- Walk the perimeter of the field while your children play soccer
- Vacuum your house more often
- Pace while you're on the phone
- Take several 10 minute walks
- Walk the dog

Benefits of Walking

- Helps prevent & control diabetes
- Reduces the risk for heart disease
- Helps prevent osteoporosis
- Bolsters immune system
- Helps control weight
- Improves circulation
- Helps breathing
- Combats depression

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missourifamilies.org/features/nutritionarticles/fit14.htm

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Let's Get Walking

Tips to Get You Moving

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Tips on Walking

Warm-Up

- Walk slowly for about 5 minutes. Then pick up your pace.

Walk tall

- Head up, shoulders back, stomach in.
- Focus on quicker, not longer steps.
- Breathe deeply.
- Wear reflective clothes or carry a light.
- Walk toward traffic.

Cool Down

- Last 5 minutes, slow your pace.
- Finish with some flexibility stretches.

Important notes:

- *If you experience a problem that can not be relieved see you doctor.*
- *Do not use hand weights while walking; using them could increase your blood pressure and may contribute to joint problems.*

Health Guide for Daily Steps

Daily Step Count	Health Zone
More than 12,500	Highly Active
10,000-12,500	Active
7,500-10,000	Somewhat Active
5,000-7,500	Low Active
Less than 5,000	Sedentary

Converting Steps to Miles

- Calculate your step length by measuring off a known distance (20 or 50 feet).
- Then walk that distance at your natural walk and count the number of steps it takes you to cover that distance.
- Divide the number of inches (number of feet times 12) by the number of steps. This gives you your step length in inches.
- Calculate your miles walked by dividing the steps you walked by the number of steps per mile.

Step Length	# Steps in 1 Mile
16	3,960
17	3,727
18	3,520
19	3,335
20	3,168
21	3,017
22	2,880
23	2,755
24	2,640
25	2,534
26	2,437
27	2,347
28	2,263
29	2,185
30	2,112
31	2,044
32	1,980
33	1,920
34	1,864

Walking for Fitness

For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes per day. Walking briskly is considered a moderate activity.

The walking program below will help you gradually increase the number of days you walk per week, beginning with only 15 minutes three times the first week; and ultimately reaching a goal of 30-60 minutes per day.

Recording your progress in a walking log will help you stay motivated.

8-Week Walking Program Minutes Per Day

	M	T	W	Th	F	S	Su
W1	15		15		15		
W2	15	15	15		15	15	
W3	17	17	17	17	17	17	
W4	20	20	20	20	20	20	
W5	23	23	23	23	23	23	
W6	25	25	25	25	25	25	
W7	30	30	30	30	30	30	10
W8	30	30	30	30	30	35	15