Getting to Know Your Pedometer

INSTRUCTIONS, CHALLENGES, AND TIPS TO BECOMING MORE ACTIVE

SAFETY INFORMATION

Regular physical activity is a very important key part of a healthy lifestyle. In most cases, being active is safer than remaining inactive.

If you are planning on starting up an activity program or significantly increasing the intensity of your current one, you should check with your physician before you start. You may be able to do any activity that you want – as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Before you begin your "active life", talk to you physician of health care provider about the kinds of activities that you wish to participate in and follow his/her advice.

It is also a great idea to keep your health care provider informed on your progress in this lifestyle program. He or she is very interested in your health and well being and will be pleased to hear about your effort to improve your lifestyle.

CONTACT INFORMATION

Physical Activity Resource Center for Public Health (PARC-PH)

University of Pittsburgh

515 Parran Hall

130 DeSoto Street

Pittsburgh, PA 15261 USA

phone: 412-624-0188

fax: 412-624-7397

email: stortik@edc.pitt.edu

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GETTING TO KNOW YOUR PEDOMETER

GENERAL PEDOMETER INSTRUCTIONS

The pedometer is an activity monitor that counts the number of steps that you take in a day. We are asking you to wear this monitor every day for a full week, a seven-day period. The pedometer is to be clipped snuggly to your clothes or on a belt at the waist, in an upright position. First thing every morning when you get up you will put on the pedometer and remove it at the end of the day just before bedtime.

It is important that you do not let the pedometer get wet. Please do not wear it in the rain or while bathing or swimming.

Zero out the pedometer before you put it on in the morning by pushing the reset button. Do not forget that after you remove the pedometer at night, a reading should be taken and written down in your seven-day activity diary. Please do this every day over the next seven days.

SPECIFIC INSTRUCTIONS

1 Every morning, just before you put the pedometer on, push the reset button so that the pedometer resets to "0".

2 Record the time that you attached the pedometer in your activity diary.

3 Wear the pedometer on your hip (please see pictures below), make sure to keep it upright, and make sure that it remains firmly in place against your body.

4 Wear the pedometer ALL DAY, except when bathing, swimming, or in the rain (unless the pedometer is protected by clothing and will not get wet). If you take off the pedometer for longer than 30 minutes, record the length of time it was off (minutes or hours) in your activity record.

5 At bedtime, take off the pedometer. Record in your activity diary (a) the number of steps taken on the pedometer, and (b) the time you removed your pedometer.

6 Please do not touch the reset button during the day or you will erase your activity numbers.

7 Keep the cover closed or the pedometer will not record your activity.

8 Do not wear the pedometer in a pants, coat, or shirt pocket. The pedometer will not work correctly.

Follow these steps for the next seven days.
If you have any questions, please contact _____ at   _____.
Thank you very much for your time and effort.

UPRIGHT POSITION:

What do we mean by "*upright position*" and why is this important?

In the pictures above, the pedometer is worn in an "upright position", which means that it is parallel to the ground. In other words, the front face of the pedometer is facing outward so that if someone were looking at you, they would be able to see the entire front cover. When wearing a pedometer, it is important that you wear it so that it remains in this position. Pedometers are designed to be worn upright. They will only capture a small part of your steps taken if not worn in an upright position.

Get To Know Your Pedometer and Activity Levels

Use these challenges to:

1. Learn about your pedometer.
2. Learn about your initial levels of physical activity and movement.

100 Step Test for Accuracy of the Pedometer

Use this test to see if you're wearing the pedometer correctly:

1. Clip the pedometer to your hip in an upright position as discussed on page 2.
2. Reset it to zero and close the cover.
3. Walk 100 steps.
4. Open the pedometer and check how many steps were recorded.

<div align="center">

100 steps = Perfect
95 or 105 steps = Good (±5% error)
90 or 110 steps = Acceptable (±10% error)
85 or 115 steps = Unacceptable (±15% error)

</div>

If you find that the pedometer is giving you unacceptable readings, check to make sure that you are wearing the pedometer in an upright position. If you are wearing the pedometer correctly and it is still getting unacceptable numbers then move the pedometer to a different spot along your waistband or even to the small of your back. You want to wear your pedometer in the spot that gives you the most reliable results. As you lose or gain major amounts of weight, you will need to do the 100 step test for accuracy again to make sure that you're still getting accurate results from the pedometer at the spot you are currently wearing it.

What does your week look like?

Wear your pedometer for seven consecutive days and log the number of steps taken in the 7-day physical activity log below.

7-Day Physical Activity Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
steps	steps	steps	steps	steps	steps	steps

Average Steps per Day

Add your step counts for the 7 days and divide by 7 to get your ⟶

Steps _____

Measure a Mile

♦ Wearing your pedometer, go to a track or find a level surface (i.e., sidewalk or street) and determine the distance you need to walk in order to cover a mile.

♦ Once you have selected your walking area, zero out your pedometer and then walk one mile.

♦ At the end of the mile, look at your pedometer and write the number of steps taken on the pedometer below. This number will now be used as a point of reference for you.

Keep in mind that it takes on average ± 2000 steps to travel a mile, but will vary person to person. For example, a taller person will take fewer steps than a shorter person when walking a mile due to leg length.

It takes me _____ steps to walk a mile.

Weekend vs. Weekday

♦ Make a guess as to whether you think you will get more steps on a weekend day or a weekday, then test your guess.

♦ Wear your pedometer and record the number of steps on your pedometer Monday through Friday. Then do the same on Saturday and Sunday.

♦ Compare the average number of steps taken during the work week with the average number of steps from the weekend.

I am more active on the: weekend weekdays

(circle one)

Develop an Active Head

♦ Identify 2 days, in the near future, in which your activity patterns are likely to be similar (for example: two days during the week).

♦ Wear your pedometer for both of these days.

♦ On the first day, go about your day as normally as possible.

♦ On the second day, try to incorporate as much lifestyle activity into your day as possible. Don't make any major changes that will take up much time, just make little active lifestyle changes where possible throughout your day. For example, take the stairs instead of using the elevator or walk across the hall to talk to your colleague instead of using email are two ways to add spontaneous lifestyle activity to your day.

♦ Compare the step results from the two days. Was the day that you made all of those little activity changes your more active day? What types of lifestyle activity did you squeeze into your day.

Compare the number of steps taken on these two days. Were there differences in the two days? If so, what caused the differences?

Day 1: Normal Day	Day 2: Lifestyle Day
Total Number of Steps _____	Total Number of Steps _____

ACTIVITY LIST

There are many simple ways you can add steps throughout your day. Below are some fun facts and tips that will enable you to add steps to your day without going out of your way.

AT HOME

- ❑ Make an after-dinner walk a family tradition.
- ❑ Walk your dog.
- ❑ Try to take half of your goal steps by noon.
- ❑ Get up and move around once every 30 minutes
- ❑ If you make a call, walk while you talk.
- ❑ Reward your family for meeting step goals with fun activities.
- ❑ For every one hour of television programming there are 17 minutes of commercials, walk around your house during the television commercials.
- ❑ Do a fun family challenge to see who can increase their steps the most in a week.
- ❑ Take a walk while your kids are playing sports.
- ❑ Walk to your neighbor or friend's house instead of calling.
- ❑ Start a walking club with your neighbors or friends.
- ❑ Turn off the television and do an active family activity.
- ❑ Take a walk and pick up litter in your neighborhood or in a park.
- ❑ Plan active weekends (longer walks, scenic hikes, playing in the park).
- ❑ Plan walks into your day, for example, with a friend at the beginning of the day, and with your family at the end of the day.

ON THE TOWN

- ❑ Park farther away in store parking lots.
- ❑ Avoid elevators and escalators – try the stairs instead.
- ❑ Plan active vacations.
- ❑ Walk at the airport while waiting for your plane, and avoid the people movers.
- ❑ Walk your grocery cart back to the store.
- ❑ Walk, don't drive, for trips less than one mile
- ❑ Take several trips to unload groceries from your car.
- ❑ Avoid the drive-through at the bank. Instead, walk inside.

AT WORK

- ❑ Get off the bus earlier and walk farther to work.
- ❑ Take several 10-minute walks during the day.
- ❑ Host "walking" meetings.
- ❑ Start a break-time walking club with your coworkers.
- ❑ Walk a few laps on your floor during breaks, or go outside and walk around the block.
- ❑ Get up and move at least once every 30 minutes.
- ❑ Choose the farthest entrance to your building, then walk the long way to your office.
- ❑ Take a longer route to your meeting.
- ❑ Walk during your lunch break.
- ❑ Take 5 minute walking breaks from your computer.
- ❑ Take the stairs rather than the elevator or the escalator.
- ❑ Walk to a colleague's office rather than calling or sending an email.
- ❑ Park farther away in the morning or when you go to lunch.
- ❑ Walk to a restroom, water fountain, or copy machine on a different floor.

Name _____

ID _____

Activity Log for Month: _____

Total Steps for this Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
# of steps ___ 1	# of steps ___ 2	# of steps ___ 3	# of steps ___ 4	# of steps ___ 5	# of steps ___ 6	# of steps ___ 7	
# of steps ___ 8	# of steps ___ 9	# of steps ___ 10	# of steps ___ 11	# of steps ___ 12	# of steps ___ 13	# of steps ___ 14	
# of steps ___ 15	# of steps ___ 16	# of steps ___ 17	# of steps ___ 18	# of steps ___ 19	# of steps ___ 20	# of steps ___ 21	
# of steps ___ 22	# of steps ___ 23	# of steps ___ 24	# of steps ___ 25	# of steps ___ 26	# of steps ___ 27	# of steps ___ 28	
# of steps ___ 29	# of steps ___ 30	# of steps ___ 31					# of steps ___

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7 # of steps ___	**8** # of steps ___	**9** # of steps ___	**10** # of steps ___	**11** # of steps ___	**12** # of steps ___	**13** # of steps ___	
14 # of steps ___	**15** # of steps ___	**16** # of steps ___	**17** # of steps ___	**18** # of steps ___	**19** # of steps ___	**20** # of steps ___	
21 # of steps ___	**22** # of steps ___	**23** # of steps ___	**24** # of steps ___	**25** # of steps ___	**26** # of steps ___	**27** # of steps ___	
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Name _____

ID _____

Activity Log for Week: _____

Total Steps for
this Week: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# of steps ____	# of steps ____	# of steps ____	# of steps ____	# of steps ____	# of steps ____	# of steps ____

Physical Activity Resource Center for Public Health PARC-PH