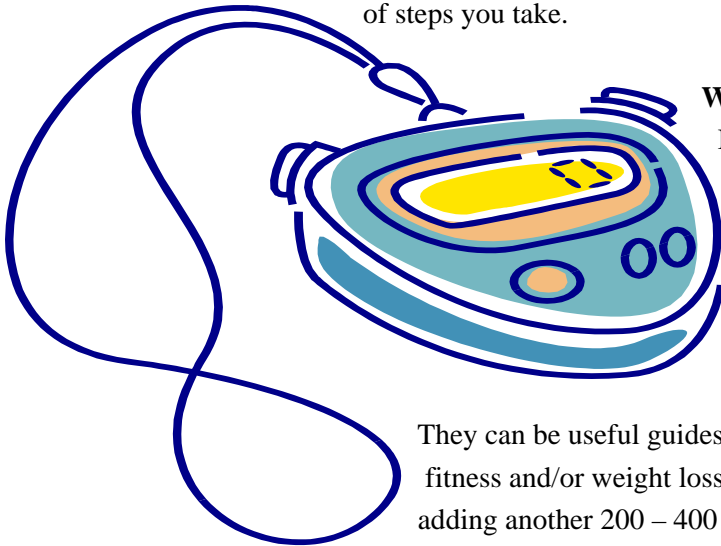


## **Pedometers**

If you use your feet to walk you are a Pedestrian and a Pedometer exists just to count those steps you take when you walk.

A pedometer is an extremely light-weight instrument that is small and easy to use. To use - you clip it on to your belt or trouser/skirt waistband, and while it is switched on it counts the number of steps you take.



### **Why use a pedometer?**

In order to keep fit, it is recommended that you walk approx. 10,000 steps a day. This might seem a lot, but if you haven't used one before, I think you will be surprised at how many steps you take when at work or at home.

They can be useful guides when working out a program to increase your fitness and/or weight loss. Gradually build up to 10,000 steps a day by adding another 200 – 400 steps each week. It pays to keep a record of your daily totals because otherwise if you are like me, you will forget!

As well as counting steps, they monitor the total distance you walk each day in miles or kilometers and tell you how many calories you have used. If you are looking to lose weight then get one which allows you to adjust the weight - by putting in your own weight - this will measure your consumption of calories more accurately.

### **How do they work?**

Inside each unit there is no elf or fairy busy at work but a motion sensitive device, which is triggered every time you take a step. It counts until you stop and will calculate how many calories you have used. Remember though that these readings are approximate, as it actually won't know whether you have been walking on level ground, going up hill, walking across a beach or going up a skyscraper.

### **Factors to consider.**

Only you know exactly what you want so here is a list of features to consider before you buy one.

Do you want it to measure in miles, others kilometers, or both?

Do you want it to tell you the time taken to do your steps and work out your average speed?

Should it have a running mode as well as a walking mode?

Do you need a panic alarm?

Do you want it to have a radio?

Would a stopwatch be useful to you?

Is the clip robust?

Does it have a lid to stop you accidentally pressing the buttons?

Has it a motion sensitivity device which you can adjust?

**How to use.**

The most important thing is to program in your stride length. As everyone's stride is different, a simple and easy way to work out what yours is –

Walk 10 steps and divide by 10 the total distance that you traveled.

Next put in your weight and attach your pedometer to your belt or top of skirt/jeans, about 3 inches from centre buckle/button then you are ready to go.

Press the start or reset button and start walking.

Enjoy your walking!