

# Using Your Pedometer



## What is a Pedometer?

A Pedometer or “[stepometer](#)” is a device that calculates the distance you have walked or run. It automatically tracks every step you make so you can see how your steps accumulate through the day. The Pedometer senses your movements and counts your steps and then converts your steps into distance by knowing the length of your stride or step length.

## What is Stride/Step Length?

For a pedometer to measure distance, you must measure your average step length or average stride length. First, read the instructions on your pedometer carefully. Most ask for the step length.

**Step Length:** The distance from the heel print of one foot to the heel print of the other foot. This is the distance traveled forward by a single leg. An average that you will see listed in many places is 2.2 feet (0.67 meters) for women and 2.5 feet (0.762 meters) for men, but it depends very much on height.

## How To Use Your Pedometer

Using a pedometer is an effective way to motivate yourself into doing more walking. You can wear the device all day, every day or you can just wear it for your daily walk. Either way, you will be motivated to increase your walking, particularly if you set goals.

The pedometer clips onto your waistband and monitors every step as you go about your daily activity. For the best results, set the pedometer stride length at 2.5 for men and 2.2 for women. This is a rough estimate and can be set if you want an average without measuring your own stride length.

## Wearing the Pedometer:

1. Put the pedometer on when you first get up in the morning and wear it all day long.
2. Wear the Pedometer snugly against your body, attached to a belt or waistline on your clothing. If your clothing doesn't have a waist band, you can attach your pedometer to a piece of elastic tied around your waist or your underwear. Also, you can secure it tightly with a safety pin.
3. Try to have the pedometer line up with the crease on your pants or the center of your kneecap.
4. The pedometer should be parallel to the ground. If it is tilted to one side or the other, it will not give you an accurate recording of your steps.
5. The pedometer must be closed in order for it to work.
6. Check the pedometer periodically throughout the day. This will give you constant feedback on how well you are doing in regard to reaching your daily step goal.

## **Counting Steps for Other Activities**

In order to receive the most accurate "step equivalent" for activities other than walking it is recommended that you remove your Pedometer **[But do not reset your Pedometer to zero!]**

### **Resources:**

#### **How to Set Your Pedometer**

How to Measure Your Stride - Step Length

By [Wendy Bumgardner](#), About.com Guide

*Updated January 02, 2010*

<http://www.walking.about.com>

#### **10,000 Steps Program**

HealthPartners

<http://www.10k-steps.com/content/pedometer.aspx?owt>

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

<http://www.wisegeek.com>

