

Limitations to using a pedometer:

- **PEDOMETERS DO NOT RELIABLY MEASURE...**
 - **SIDE-TO-SIDE ACTIVITIES.**
 - **ACTIVITIES AT VERY SLOW WALKING SPEEDS.**
 - **ACTIVITIES SUCH AS CYCLING, SWIMMING, SOME TYPES OF DANCING, BASKETBALL, AND TENNIS.**
- **BE CAREFUL NOT TO ACCIDENTALLY RESET YOUR PEDOMETER DURING THE DAY. THIS**

- **1 MILE = 2000-2400 AVERAGE STEPS**
- **10 MINUTES OF MODERATE PACED**

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1							
2							
3							
4							

HERKIMER COUNTY HEALTHNET, INC.

..To improve the health and well being of Herkimer County residents.



A Guide to Using Your Pedometer

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How do I wear my pedometer?

- **PLACE YOUR PEDOMETER ON THE WAISTBAND OF YOUR CLOTHING OR BELT.**
- **PLACE IT CLOSE TO THE MIDLINE OF YOUR THIGH DIRECTLY OVER YOUR KNEE. MAKE SURE IT IS STRAIGHT AND NOT AT AN ANGLE.**
- **DO NOT GET THE PEDOMETER WET.**

Getting Started:

- **WEAR YOUR PEDOMETER FROM MORNING UNTIL NIGHT EVERY DAY FOR ONE WEEK.**
- **RECORD YOUR STEPS AT THE YOUR ACTIVITY LEVEL THE FIRST END OF EACH DAY.**
- **AT THE END OF THE WEEK, TOTAL YOUR STEPS AND DIVIDE BY THE NUMBER OF DAYS RECORDED. THIS WILL GIVE YOU A DAILY AVERAGE.**
- **YOU DON T NEED TO**

Increasing Your Steps:

- **EACH WEEK TRY TO INCREASE YOUR STEPS BY 500 STEPS PER DAY. FOR EXAMPLE, IF YOU AVERAGE 3000 STEPS PER DAY, SET A GOAL TO INCREASE TO 3500 STEPS PER DAY THE NEXT WEEK AND 4000 STEPS PER DAY THE WEEK AFTER THAT.**
- **SET REALISTIC GOALS.**
- **CREATE A WALKING PATH OR ROUTE THAT WILL ALLOW YOU TO REACH YOUR GOAL. YOU CAN WALK A SINGLE LOOP, WALK A SHORTER LOOP MULTIPLE TIMES, OR WALK OUT ONE**



DIRECTION FOR A CERTAIN NUMBER OF MINUTES AND THEN RETURN BY THE SAME PATH.

- **RECORD YOUR STEP COUNT RESULTS EACH DAY ON YOUR ACTIVITY PEDOMETER LOG.**

Suggestions for Increasing Steps:

- **TAKE THE STAIRS INSTEAD OF THE ELEVATOR.**
- **PARK FARTHER AWAY AND WALK.**
- **GET OFF THE BUS A FEW BLOCKS BEFORE YOUR STOP.**
- **STEP IN PLACE DURING TELEVISION COMMERCIALS.**
- **WALK YOUR DOG.**
- **DO HOUSEHOLD CHORES.**
- **TAKE A 10 MINUTE WALK AFTER DINNER.**
- **WALK INSTEAD OF**