



Your Guide To **Pedometers**

What are Pedometers?

A pedometer is a little gadget that senses your body motion, counts your footsteps and determines the distance you have walked. To be effective, it has to be worn or attached to your body. The best place to wear your pedometer is on your waist aligned directly over the knee. You can wear it whenever, wherever you want. However, some pedometers may not accurately measure distance or trail running.

Benefits of Using a Pedometer?

- A pedometer can help you stay active when you can't go to the gym.
 - ❖ If you can't afford to go to a gym or don't have time to go to a gym, clip on the pedometer and try to walk 10,000 steps a day.
- The pedometer can help you boost your workout.
 - ❖ Try boosting your step rate from 120 steps a minute to 150 steps a minute.
- You'll be able to track the progress of your fitness.

Extra Features?

The main function of the pedometer is to record the distance you walk or run. Some pedometers have tons of extra features. Common features include:

- alarm
- calories burned
- aerobic steps (steps taken while "exercising" not just regular walking)
- clock
- heart monitor
- stopwatch
- speed estimator
- steps per minute
- 7 day training/walking log
- delayed resets
- flip case (prevent pushing buttons accidentally)
- auto voice announcement (speaks the numbers displayed on the LCD once you reach your programmed goal)

How to Determine which Pedometer is good for you?

When shopping for pedometer, first you have to decide if you want extra features and which features you want. Once you decide which features you want, look at a few different brands and sizes. One of the most important things to look for is comfort. A pedometer should be comfortable to wear all day and be held securely by its clip. Sometimes an extra safety leash is required to keep it in place.

You May Want to Try...

Accusplit, Omron, Timex, and Sportline tend to be reputable brands of pedometers. They can be found at a variety of stores in the Quad Cities at various prices.