

## The Pedometer and YOU

**Measure** out a set distance of at least 20 feet. **Walk** the distance 4 times (down, back, down, back) counting steps each time (begin at 1 each time). **Walk** at a brisk pace (should be slightly faster than your normal walking pace). Multiply the number of feet that was measured out by 12 to get total inches. **Divide** the total inches by your longest number of steps to get your stride length. Example

Feet x 12 = total inches

20 feet x 12 = 240 total inches

total inches/# of steps = stride length

240/8 steps = 30 inch stride length

### To set the pedometer:

Push the **Mode** button until the Pedometer says mile. Press the **set** button and it should begin to blink. Push the mode button and it will begin to advance by 2 inches. If you need to decrease the number, just keep pushing the mode button and eventually it will go back to a small number. Press the set button again.

### To set the calories

Push the **Mode** button until it reads kcal. Press the **set** button and it should begin to blink. Push the mode button and it will begin to advance by 10 pounds. If you need to decrease the number, just keep pushing the mode button and eventually it will go back to a small number. Press the set button again.

### To set the time

Push the **Mode** button until it reads a time. Press the set button and it should begin to blink. Push the mode button and it will begin to advance by hours. Press the set button and you can change the minutes. If you keep pressing, it will go to military time if you like. If you need to decrease the number, just keep pushing the mode button and eventually it will go back to a small number. Press the set button again.

### Wearing the Pedometer

**Attach** the pedometer the waist band of your shorts/pants over your hip bone (in line with your knee). Make sure that it is on straight—not at an angle. You should hear it slightly tick as you move. It doesn't matter if you do it on the right or left side.

You can open it at any time and scroll through the different settings to see how many steps, the distance and calories burned. To start a new day, press reset and hold for 5 seconds.