

Pedometers



Tip Sheet for Healthy Living Peer Leaders

Walking is a gentle activity that you can do at your own pace. It can make your heart, lungs, bones and muscles stronger. Walking also helps improve mood and can help you maintain a healthy body weight.

Pedometers track the number of steps you take each day. They can be used to help you reach your personal goals and to create friendly competitions. Experts suggest walking at 10,000 steps daily to achieve health benefits.

Goal	Daily Steps
Highly active	10, 000 – 16, 000
Active	10, 000
Somewhat active	7,000 – 9,999
Low active	4,000 – 7, 000

Establish your baseline of daily steps. Increase your number of steps by 500 each week until you reach your goal.

How to Use a Pedometer

Clip the pedometer to the waistline of your clothing when you get out of bed in the morning.

Ensure the pedometer is in a level position, horizontally level with the floor and vertically in line with your arm pit.

Reset the counter to zero each day.

How to Organize a Pedometer Challenge

A pedometer challenge is a friendly competition where a group of people participate by tracking and recording their daily steps for a certain period of time (usually a week). There are several steps to organizing a successful pedometer challenge:

Before the Challenge:

- Get extra pedometers for community members that do not have one (you can borrow them from Guelph CHC).
- Set a timeline for when you would like to hold the challenge. You will also need a registration deadline.
- Decide how you will have community members register and where they will pick up/drop off the tracking form. Make copies of the tracking sheet.
- Get prizes donated. Karrie can help you with this. Consider having prizes for the highest total steps and the highest daily total. It's also nice to have a prize to give people just for participating!
- Promote the challenge. Use flyers, email, bulletin boards and word of mouth. Get people excited about it!

After the Challenge

- Collect log sheets and any pedometers you lent out.
- Review the logs to determine winners.
- Organize a celebration to announce winners and to reward people for taking part.

Pedometer Challenge Log Sheet

Dates of Challenge : _____

Name: _____

Phone Number: _____

Day of the Week	Date	Daily Step Count
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
	TOTAL	

Wear the pedometer during your waking hours:

- Clip the pedometer to the waistline of your clothing when you get out of bed in the morning. Clip the pedometer strap to your clothing to ensure that it will not fall off.
- Ensure the pedometer is in a level position, horizontally level with the floor and vertically in line with your arm pit.
- Reset your pedometer to zero at the beginning of each day.

At the end of each day record the number of steps you have taken the log sheet provided.

Submit your log by _____. It can be handed in at _____.

