

Pedometer FAQ

How many miles is 10,000 steps?

Around 5 miles. However, it depends on your stride. If your stride (heel to heel) is 2.2 feet (normal), then (around) 5 miles is the correct answer. It obviously depends on the stride of your step. Any way you look at it... 10,000 is a good daily workout - regardless of your stride length.

What should my goal be?? How many 'steps per day'?

It depends. How active are you now?? How is your general health? You should start out by wearing the pedometer on a 'normal' day to determine your present activity level (steps per day). That figure becomes your 'baseline'. Then (provided you're in good health), begin increasing your goal modestly. As an example: If you find you presently take only 3,500 steps per day (which is probably the average), you may want to create a goal of 5,000 -- and after attaining 5,000 for several weeks - then, increase to 7,500.....then onto 10,000....and beyond!

A great deal has been written about '10,000 steps per day' as a general goal-- but, again, it depends on your present activity level and health. 10,000 steps per day would be the general equivalent of walking (around) 5 miles. (It's not as easy as you think). If you think you walk that much now... you're probably wrong. The average person takes only 3,000 to 4,000 steps per day....and many take much less! (They need a pedometer!)

How much weight will I lose if I walk 10,000 steps per day??

Increasing your physical activity level will burn more calories -- and burning more calories is vital to any weight loss program. But, it's impossible to predict the actual weight loss because the pedometer cannot control your eating habits. One thing for sure... if you burn more calories than you 'take in', you'll lose weight - over time. The pedometer will help you increase your burn rate. Keep in mind that the magic of a pedometer is the 'motivation' that it provides the wearer. Motivation to be more active is absolutely necessary to a long term fitness / weight loss program. Some feel that an aggressive weight loss walking program would require (around) 12,000 to 14,000 steps per day. It's important, however, to set attainable goals! Keep that in mind when you're establishing your goals!

How many calories will I burn if I walk 10,000 steps per day??

Around 300 to 400 calories. But, it depends. If you're walking on 'flat' ground - or around the office, then it could be less. If you're walking up hills or hiking, possibly more. It really depends on the 'type' of walking.

Wearing the pedometer:

1. Put the pedometer on when you first get up in the morning and wear it all day long.
2. 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.
3. At the end of the day record your steps online or write down your steps so you can enter them online the next day. Press the "Reset" button to reset the counter back to zero so you are ready for tomorrow.

To get the most accurate reading from your pedometer, wear the pedometer in the following way:

- Wear the pedometer snugly against your body, attached to a belt or waistline on your clothing. If your clothing doesn't have a waistband, you can attach your pedometer to a piece of elastic tied around your waist or your underwear. It should be facing outward not toward your body.
- Try to have the pedometer line up with the crease on your pants or the center of your kneecap. 1/2 way between your 'center' - and your side.
- Either side will work -- but, our testing indicates there is a very slight accuracy advantage on the **right side** - but it's statistically insignificant. The pedometer should be **worn as straight as possible -- not leaning forward, back or side-to-side. If the pedometer is tilted...it will affect the accuracy of the mechanism that counts your steps.** The pedometer should be parallel to the ground. The pedometer must be closed in order for it to work.

Note: No pedometer is 100 percent accurate. This pedometer is provided to you as a tool to estimate steps taken. Although it tends to underestimate the distance traveled when you walk fast or jog, it overestimates the distance when you take small steps around your house or workplace. So it all balances out and produces a highly accurate estimate of your total activity.

How does a pedometer actually count my steps???

Most pedometers have a small weighted 'arm' mechanism that is suspended by a small spring that moves up and down as you walk. It is specifically designed to be sensitive to your walking motion - and moves up and down as you walk. Each time the 'arm' moves up and down, a step is counted. While that sounds very simple, the technical components within the pedometer have become very sophisticated....and the accuracy of pedometers has improved dramatically over the years.

Will a pedometer work for bike riding???

No...it's designed specifically for walking, jogging, or running.

Counting steps for other activities

Your pedometer works whenever you are taking steps. For those times when you choose an activity other than walking, check the conversion chart provided in your packet to determine the activity's equivalent number of steps.

Simply multiply the number of minutes you did the activity by the number of steps indicated on the chart. For example, 30 minutes of mopping equals 3030 steps. (30 minutes x 101).

If your activity is not listed below, find the one(s) most similar to it on the list and estimate the activity's step value. You can also estimate steps by knowing that 2,000 steps equals one mile.

Note: To receive the most accurate "step equivalent" we recommend that you remove your pedometer when choosing an activity other than walking. [But do not reset your pedometer to zero!] It is best to use the step conversion chart to calculate your steps during a "non-walking" activity and add those steps to the total number reflected on your pedometer at the end of the day.

Why do I need a pedometer??

Once you begin wearing a pedometer/step counter and set a daily goal for yourself, you'll find (like millions of others) that by having a goal - **and a device that measures your progress** - you'll be more active. The pedometer actually provides the motivation to be more active - which is a key to any long term fitness program. The small investment in a pedometer is well worth the 'motivation'!

How long does the battery last in a pedometer???

All batteries are not created equal -- but, 1 to 2 years would probably be a good general answer. Most pedometers use small 'watch type' batteries that are engineered to last a long time. Replacement batteries are very easy to find in virtually any retail store that carries electronics/cameras/watches....or website (of course)