

Use and Care of the Pedometer

How to wear the pedometer

Clip the pedometer to your waistband or belt (not a thick belt) between the navel and the hip.
The pedometer must be level (long side to the floor) and fit snugly to the body. It should be aligned directly above the knee.
The cover must be closed in order for the pedometer to function properly.

Using your pedometer:

This pedometer is easy to use! It has just two buttons – **RESET** and **MODE**.

The **Reset** button has a delay to help prevent accidental reset. To clear all your totals, simply press and hold the reset button for 2 seconds.

Press **Mode** to shift between *Steps* and *Activity Time*. The activity timer automatically records when you are moving at speeds greater than 1.6 mph.

Testing the pedometer:

Erase all the numbers from the screen and close the cover.
Clip the pedometer to your waistband.
Walk to 20 steps, open the cover and see if the number is close to 20.
If it is not recording, reposition on your waistband and try again.
It may take some experimenting to find the best spot for you.

Care of the pedometer:

Pedometers are not waterproof. Be careful in the washroom; use the safety strap.
Avoid areas of high humidity, for example, a sauna.
Avoid dropping or crushing the pedometer.
Remember to remove the pedometer from your clothing; it will not survive the laundry.
How many steps should one take per day?
This depends on your age and physical condition.

Helpful guidelines are available in the booklet, *Walking the Activity of a Lifetime* by Active 2010.

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