



Schools on the Move

Pedometers in Schools Project

Pedometer Guidelines

What are pedometers?

Pedometers are compact electronic gadgets that can be worn on the waistband and used to measure how active you are by automatically recording every step you take.



How do they work?

Pedometers operate electronically via a battery and digitally record steps based on your body's movement. They can provide immediate feedback for goal setting, self-monitoring and provide the motivation to become physically active.

Why are they useful?

Pedometers are a useful way of promoting physical activity as part of a healthy lifestyle, making individuals aware of their daily activity levels and teaching them how they can accumulate more physical activity into their daily lifestyle.

Pedometers are good motivational tools, particularly when used in combination with individual goal setting. They allow specific, objective targets to be set and they provide instant feedback on activity levels, enabling people to keep track of how active they are each day. Walking is thought of as one of the best forms of exercise there is and with a pedometer, you always know how active you have been.

A pedometer-based programme is a particularly good starting point for those who are relatively inactive as it can be used to focus initially on just increasing steps without any reference to intensity or duration of activity. Once they have reached recommended average daily step levels (in the case of young people, approximately **15,000** steps/) individuals can be encouraged to move towards recommended activity levels (which for young people is to accumulate at least **60 minutes of moderate physical activity every day** of the week).

There are some activities that pedometers can't accurately measure e.g. swimming, cycling. An activity converter provided in the 'It All Counts'





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document, under the 'Tips' menu in the pupil area of the website, can be used to estimate the equivalent number of steps for these types of activity.

How do I use one?

STEP 1

Clip the pedometer on to your waistband or belt, close to your hip and in line with your knee, on either side of your body.

STEP 2

Once attached, press and hold any of the two "reset" buttons for a second and make sure you start from 0 each day.

STEP 3

Get walking!

STEP 4

Record the number of steps you do each day and keep track of your progress.

Remember...

Make sure your pedometer is secure and in an upright position or it may not register all of your steps!

