



Pedometers

Using a pedometer is an excellent method of gauging your level of physical activity each day. These waist mounted devices will record every step you take to give a running total of your progress. To ensure the readings are accurate, you need to enter in your stride length and weight, and make sure the pedometer is mounted on your waist in line with your knee.

You can try setting daily step goals, a recommended target to start with is 10 000 steps per day. You would be surprised how quickly it all adds up! Think of all the places you might have walked instead of taking a car, for example:

- Walk with your children to school
- Walk to your local shop
- Walk to a bus stop, and catch public transport to work
- Park one block away from where you work and walk the remaining distance
- Walk to visit a friend or family member
- Take your dog for a walk!



Using your pedometer

Always make sure your pedometer is clipped to your waist band in line with your knee joint.

It is important that you wear your pedometer from when you get out of bed to when you go to sleep. The pedometer is designed to measure steps so please do not use it when swimming, cycling, dancing, or engaging in other physical activities.

You can also convert other types of physical activity and add these to your walking steps. Please use the conversion chart below to ensure consistency.

How to Convert Your Other Activities into Steps

Pedometers are only able to count steps when walking. You can convert your other physical activities into steps. The first thing you need to do is decide whether the activity is of a moderate intensity or vigorous intensity.

Moderate intensity activities are ones that make you breathe a little bit heavier and cause a slight increase in heart rate, but you should still be able to hold a conversation. Activities such as brisk walking, moderate paced swimming, gentle cycling, and dancing are typically moderate intensity activities.

Vigorous intensity activities are ones that make you 'huff and puff' a lot and cause a large increase in your heart rate, you will have great difficulty in holding a conversation during a vigorous intensity activity. Activities such as jogging, aerobics, circuit training, fast cycling, netball and soccer are typically vigorous intensity activities.

When converting activities into steps you can use the following guidelines:

- 10 minutes of moderate intensity activity equals 1,000 steps
- 10 minutes of vigorous intensity activity equals 2,000 steps

Useful links

- [Pedometer review](#)
- [The anatomy of a pedometer](#)