



# quick tips:

## Using A Step Counter

**STEP COUNTERS**, also known as pedometers, are a good tool for you:

1. To **FIND OUT** about your current activity
2. To **GET STARTED** with monitoring and increasing your physical activity
3. To **SET PERSONAL GOALS**
4. To **MOTIVATE AND REMIND** yourself to increase and/or maintain increased activity.

**WHAT IS A "GOOD" STEP COUNTER? WHAT SHOULD YOU CONSIDER WHEN BUYING ONE?**

People who have participated in the America On the Move program report that step counters need to be:

- Accurate
- Durable
- Reliable
- Easy to use

**EFFECTIVE STEP COUNTERS HAVE TO BE:**

- Simple - no need for individual calibration or added features; a single button is best!
- Inexpensive - the price of a good quality step counter can vary between \$15 and \$30. Occasionally, there are reviews of current step counter models in consumer journals or online.
- Secure - step counters can and do fall off! Buy one with a "leash" for additional fastening to clothing.

**YOUR STEP COUNTER MEASURES EVERY STEP YOU TAKE.**

**TAKE A MOMENT TO ENSURE ACCURACY BY FOLLOWING THESE STEPS.**

- Clip your step counter to your waist band or belt, directly above your knee
- Be sure it is horizontal to the ground, not angled or dangling from your clothing
- Test for accuracy by setting the step counter to 0 and walking 50 steps.
- Check the display. If the reading is between 45-55, your step counter is functioning properly. If it reads more or less, reposition the counter on your waist and check it again.

America On the Move step counters can be purchased at [www.americaonthemove.org](http://www.americaonthemove.org).

Please note, America On the Move does not recommend one model over another.



VISIT: [www.americaonthemove.org](http://www.americaonthemove.org) • CALL: 800.807.0077

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