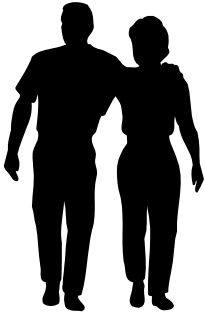


A Gonzaga graduate nursing student, Muriel Gravis, created this informational material. It should be used in consultation with a health care provider



Learning How to Use a Pedometer to Motivate You and Evaluate Cardiovascular Fitness.

What is a Pedometer?

“Foot step Meter” designed to measure the number of footsteps one takes.

Wearing a Pedometer.

Wear a Pedometer in a horizontal position on the belt line. Test your pedometer for the most accurate position by moving it along the belt line, doing a calibration-walk on a quarter mile track.

When to Wear the Pedometer.

All the Time: every minute of the day, yielding a daily cumulative footstep count for the user. OR

Significant walk events: Use only for specific walks.

Real Value of Pedometers:

Most people overestimate their walking mileage. This simple light devise is so sensitive to body motion that it actually feels every footstep and records instantly. A motivating force.

Pedometer Features:

Some pedometers only count steps while some count mileage and steps when the step length is entered. Some pedometers measure calories burned when weight is entered.

Bottom Line:

You benefit both mentally and physically from data gathered from the pedometer. Health benefits far surpass the expense of the pedometer.



How to Measure Step Length

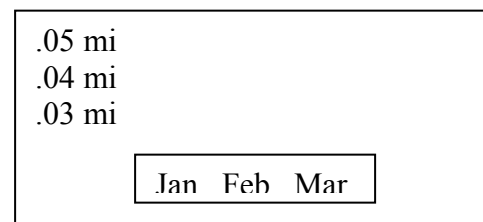
Accuracy of step length is very important. *Puddle Walk* is a way to measure your step length. Take a pitcher of water and a tape measure outside. Pour the water on a hard surface such as a sidewalk. Do a “foot dance” in the puddle. Walk away from the puddle at a natural stride leaving footsteps behind you.(Step heel to toe).Then use your tape measure to find the distance between heel strikes.

Pedometer Fitness Walking Self Test (PFWST)

After entering step length into your pedometer begin walking briskly as you start your stopwatch. Your goal is to walk the greatest distance in six straight minutes. Record your distance.

Plotting Self Improvement

The whole purpose of PFWST is to establish a baseline fitness level and then develop a plan for self improvement. Recheck monthly your aerobic capacity. Plot your scores



Later you may want to increase to a 15 minute PFWST. This is actually a more meaningful evaluation of your cardiovascular function.

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Reasons to Increase Your Footsteps

1. Decrease rate of bone loss
2. Increase brain power
3. Decrease body fat
4. Increase sleep quality
5. Decrease heart risks
6. Decrease Blood Pressure



The Harvard Alumni Study

A clear relationship found between human mortality rates and the physical activity levels of 17,000 Harvard Alumni

Ten Ways To Improve Your Pedometer Walking Self Test:

1. Walk more miles on a daily basis
2. Do Speed interval training(fast lap, slow lap, fast lap)
3. Develop a Cardiovascular Training Program
4. Reduce body fat
5. Drink more water, Eat less junk
6. Stretch more for improved muscle flexibility
7. Strength train to improve musculoskeletal system and muscular endurance
8. Watch less TV, spend less time on computer and couch
9. Improve walking taller, with an energy efficient arm-swing.
10. Learn to pace with good relaxed breathing.

Other activities besides walking do count. Interesting facts are the following:

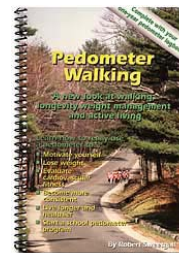
1. Inactivity = highest death rate
2. Just by walking 1 mile a day significantly drops mortality rate
3. Increasing to 2 miles you continue the benefit. This amounts to 30-40 minutes a day of exercise. (The surgeon Generals' recommendation.)
4. Increase beyond 3 miles only lowers mortality slightly more.
5. Beyond 5 miles a day the death rate curve goes up.

Keep a Log

Recording your physical activities is the key lifestyle habit for developing life long consistency.

Week of	Total footsteps	Random footsteps	Mean footstep	Total miles
Mon				
Tues				
Wed				

Keep It Simple!!!



For more information consult Robert Sweetgulls, Pedometer Walking 2001