

# Pedometer Questions and Answers:

## Q. Where do I wear my pedometer?

**A.** the pedometer should be placed on the inside of your hip, in line with your knee-cap. Clip the pedometer onto your waistband or belt ensuring the pedometer is vertical and not angled sideways or forwards. Walk 10 paces and check it is reading for accuracy. If not, adjust the position of pedometer (move slightly towards your hip or towards your belly-button) until it is recording about right.



With the pedometer clipped into place you can now open the pedometer without removing it from your waistband. If you are wearing a dress without a waistband, clip the pedometer onto the waistband of your underwear.

Attach a security strap to the pedometer and secure it to your waistband or belt loop (there is a hole in the pedometer for this). This is so the pedometer does not fall off.

## How NOT to wear your pedometer?

**Do not** put your pedometer in your pocket

**Do not** attach your pedometer via the security strap only

**Do not** wear your pedometer on a slanted pocket

**Do not** attach your pedometer near your belly button. Position it closer to your hip or mid-way between the two.

Remember, you must ensure the pedometer is **vertical** and **not angled sideways or forwards**, otherwise it will not accurately record your step count.

## Which hip do I wear it on?

I have found the right hip to be more accurate, but test them both and see what works best for you. Do not be alarmed if you get different recordings from each hip. This is normal.

## The 10,000 Step Goal

Taking 10,000 steps a day has been quoted as the recommended tally and may suit some adults. However, please note that this figure may not be appropriate for all people, e.g. people living with medical conditions.

Walking at least 10,000 steps a day equals about 8km (5 miles) or 1hr & 40 minutes of walking. And this is a long way if you are just starting out. If you average 3,000 steps a day, then you might initially try to reach 4,000 steps a day. When you've reached 4,000 steps, work up to 5,000 and so on.

## How Do I Care for My Pedometer?

- Avoid excessive moisture. **Attach a safety chain** (or string) to prevent it falling down the toilet
- **Avoid dropping the pedometer** as this will cause damage
- **Do not force** the pedometer onto your belt—this may break the clip.
- **When the digital display fades**, the battery is running out. Please return it for a replacement



