



Pedometer Instructions

Please start by wearing the pedometer each day for one week and record the number of steps taken daily in the exercise journal. Do not do anything to change your normal routine. You will bring the log with you when you meet with the APN to discuss a walking plan.

HOW TO WEAR YOUR PEDOMETER

- **Wear your pedometer every day.** Put it on in the morning and keep it on as long as you are awake.
- **Clip the pedometer** to your belt or waistband, on the front of your body. Put it as close to your hipbone as you can. If you are right-handed, put the pedometer on your right hip. If you are left-handed, put it on your left hip.
- **Clip the pedometer on straight-up-and-down**, not sideways.
- **Be sure to attach the safety strap** to your clothes. This will keep the pedometer from falling off! The clip on the pedometer is not very strong—do not force it onto your belt, or it may break.
- **If you want to wear the pedometer** under your clothes, you can clip it to your underwear.
- **Take the pedometer off at night**, and put it near your keys, shoes, hair brush, or whatever will remind you to put it on again the next day.
- **Track your number of steps each day.** Open your pedometer carefully so you don't accidentally reset it to zero.
- **Reset the gray button** each day once you have recorded your steps. Hold the button down for a few seconds to reset it.

HOW TO TAKE CARE OF YOUR PEDOMETER

- **Pedometers and water don't mix!** Do not wear your pedometer in the shower, bath, or while swimming.
- **You might hear a rattling** noise in the pedometer. This is normal.
- **Do not shake** the pedometer when you wear it. Don't keep it in your pocket or purse.

If you have any questions please feel free to call the Healthy Directions team at (617) 632-3510.

