



## **How to buy and use a pedometer**

### **Getting a pedometer**

This small, plastic device attaches to your belt or waistband and counts how many steps you walk each day.

To learn how to buy the right pedometer for you, read [Before You Buy a Pedometer](#) on About.com.

To get a pedometer for about \$15 (with shipping), visit [The President's Challenge](#) website.

### **How do I use my 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.
- If you want to wear the pedometer under your clothes, you can clip it to your underwear.
- Pedometers and water don't mix! Do not wear your pedometer in the shower, bath, or while swimming.
- Take the pedometer off at night, and put it near your keys, shoes, hairbrush, or whatever will remind you to put it on again the next day.
- Track your number of steps each day. Be gentle when opening the pedometer to read your steps. Handle it carefully to prevent it from resetting to zero before you see your total steps walked.
- Use the reset button (inside the pedometer) each day to start from zero (0). Make sure you write down the number for tracking first.
- 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.