



### 3) 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 research nurse to discuss a walking plan.

#### HOW TO WEAR YOUR PEDOMETER

- Attach the pedometer securely to your belt or waistband - halfway between your belly button and hip with the decal facing out.
- The pedometer works most effectively when it is in a vertical position and level with the clip against your body. When you open the door of the pedometer, the screen should face you.
- Attach the security strap clip onto a belt loop, waistband or belt.
- The pedometer cannot be placed in your pocket; it needs to remain vertical to work properly.
- The pedometer should be closed, it usually does not count steps while open
- The pedometer does work for both running and walking. However, you will need to enter a stride length that corresponds to your pace for the distance meter to be accurate. If you are running, you need to enter your running stride length; if you are walking, you need to enter your walking stride length.



#### HOW TO DETERMINE YOUR STRIDE LENGTH

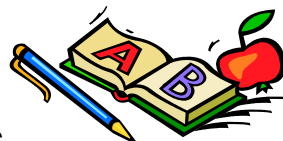
The stride length needs to be calculated so that it can be entered into your digi-walker so that it can calculate distance. We want to determine your average step length. The best way to determine stride length is to walk a given (measured) distance while counting the number of steps that it takes to cover that distance.

Multiply your height in inches x .413. Divide this number by 12. Round to the nearest 0.25 increment. This number equals your stride length.

Your stride length is: \_\_\_\_\_ height x .413 = \_\_\_\_\_ /12 = \_\_\_\_\_

#### HOW TO SET YOUR STRIDE LENGTH IN THE PEDOMETER

Press the MODE button until the little black cursor points to DIS which stands for DISTANCE. Then press the SET button. The cursor will go to stride. Continue to press the SET button until your stride length appears.



If you have any questions please feel free to call the research nurse