

## Pedometers: Frequently Asked Questions

### My pedometer is not working correctly.

#### What should I do?

Test your pedometer by placing it on your waistband and walking 10 steps. Check how many steps were registered on your pedometer. If the number is 9, 10, or 11, your pedometer is working fine. If the number is outside of this range, move the pedometer to a different position on your waistband and take 10 steps again. Continue to try the pedometer in different positions and take 10 steps for every new position until it registers within the 9, 10, or 11 step range.

Certain individuals will not receive an accurate reading with the pedometer on the front of their waistbands. Try attaching the pedometer to your shoe or sock, or on the back of your waistband. Your pedometer must be closed and placed in the upright position to count correctly.

#### Why does my step counter make noise?

The noise you hear is the pendulum inside the pedometer. With each step, the pendulum registers and records the movement.

#### When should I wear my pedometer?

Wear your pedometer everywhere you go so that it counts all of the steps you take during the day. Put it on as soon as you wake up in the morning and take it off only when you're ready for bed. (The pedometers are not waterproof so keep them covered if you're walking in the rain.)

#### How do I convert my steps into miles?

For this program, we will be keeping track of your progress simply by counting your steps. If you are curious to know how many miles you've walked, however, use the average of 2,000 steps per one mile.