Using a Pedometer

Pedometers are an easy way to see how many steps you take each day by measuring the up and down motion of the hips and work by using a pendulum which moves the counter as you move forward or backward. Pedometers provide you with feedback (and motivation) to help you realize how active you are (or not) in everyday life and have been shown to help increase overall physical activity.

According the established guidelines for physical activity set by The American College of Sports Medicine and the Centers for Disease Control and Prevention, most healthy adults should aim to eventually reach **10,000 steps** (or five miles) per day. If you are getting 10,000 steps a day, you are most likely meeting the physical activity guidelines (approximately 2 hours and 30 minutes of moderate-intensity aerobic activity every week).

If your baseline is under this level, a reasonable goal for most people is to increase average daily steps each week by 500 per day (approximately a ¼ mile) every week until you can average 10,000 steps per day. To increase your daily step count, find new opportunities to be more active. Take the stairs instead of the escalator or elevator or get off the subway one stop early.

Pedometers come in several styles. The most common style of pedometer is the type that you attach to either your waistband or belt. If you prefer, there are also many different smart phone pedometer applications you can use to monitor your physical activity. Generally, the pedometer is not 100% accurate, and we have to assume a certain level of “noise”; the harder and faster you walk, the more accurately it counts.

**How to wear a pedometer**

- Put it on every morning
- Wear as close to the body as possible
- Straight up and down, perpendicular to ground, in line with your knee
- On your hip, same place every day
- Record your steps

Try using a pedometer this week.

Grab a colleague or friend to walk the [Morningside campus mile](#) (approximately 2,000 steps; 15-20 minutes).

*If you have a condition that could be affected by physical activity, you are encouraged to consult your medical provider prior to starting any exercise routine.*