

Pedometer and New Technology— Cell Phone & Google Maps

What You Need and Want to Know

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What is a Pedometer?

A pedometer is a device that counts the number of steps taken.



How does a pedometer work?

When you walk, there is an up and down movement at the hip. Inside the pedometer there is a small lever arm that moves up and down in response to the movement of your hips that occurs with each step you take thereby counting your steps as you move.

What else can a pedometer do?

Some pedometers can record distance walked and calories burned.

Who can wear a pedometer?

Anyone and everyone!



How much does a pedometer cost?

Pedometers range from \$5-\$50.

What are some good brands available?

- *Bodytronics Onyx Step Pedometer*, \$6.00, basic, lightweight step counter
- *Accusplit Pedometer*, \$28.00, measures steps (with 98% accuracy), distance, and calories
- *Omron Pocket Pedometer*, \$40.00, measure steps, calories, and distance; includes software that collects and saves exercise history

Why should I wear a pedometer?

- Immediate feedback to judge your physical activity (number of steps per day)
- Judge your level of physical activity
- Motivational tool to encourage physical activity

How to properly wear a pedometer?

Using the pedometer clip, the pedometer is placed on your waistband of clothing, near where the hip bone protrudes; making sure the pedometer is level. It can be worn on either side of the waist. Some newer pedometers may be free from the usual pedometer "placement" constraints.



When do I wear my pedometer?

Wear your pedometer everyday from morning to night to get the best average of how many steps you take in a day.

Note: Remove it if you are going to be in a wet environment (examples: shower, swimming pool, etc) as the majority of available pedometers are not waterproof.

How do I know if my pedometer is working properly?

Check the accuracy of your pedometer by walking 20 steps and then checking the reading. If the reading is not accurate, adjust the positioning of the pedometer. Make sure the pedometer remains upright on your body.

How many steps equals one mile?

About 2,000 steps depending on stride length equals one mile.

Why should I measure my stride length (measured from “toe-to-toe”)?

Your stride length and the number of steps you take give you distance you travel.

How do I measure my stride length (the length of one complete step)?

There are two ways to measure your stride length:

- Walk 10 steps with your normal stride and measure the total distance in feet. Divide this number by 10 to get your stride length.
 - Tip: Walk a few steps to get your normal stride before you begin to measure your first step.
- Calculate – height (inches) x 0.413 = stride length
Examples: a 65” (5’ 5”) woman or man
 $65 \times 0.413 = 26.845 / 12 = 2.23$ ft stride length
 - Average stride length of a woman is 2.2 ft, and a man is 2.5 ft.

How many steps are recommended?

If you choose to wear your pedometer all day, every day, 10,000 steps a day is an excellent goal.

“10,000 steps in a day” is a rough equivalent to the Surgeon General’s recommendation to accumulate 30 minutes of activity most days of the week. To increase the effectiveness of walking 10,000 steps, you may add some intensity or “huff and puff” to your walking.

How much physical activity is recommended?

For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of **moderate-intensity**, or 75 minutes (1 hour and 15 minutes) a week of **vigorous-intensity** aerobic physical activity, or an equivalent combination of moderate- and vigorous intensity aerobic activity.

- How can I tell an activity at a moderate level from a vigorous one?

Moderate activities: I can talk while I do them, but I can’t sing. (Example: brisk walking, Ballroom dancing)

Vigorous activities: I can only say a few words without stopping to catch my breath. (Example: Race walking, running, Aerobic dance)

(2008 Physical Activity Guidelines for Americans by U.S. Department of Health and Human Services, WWW.health.gov/paguidelines)

New Tool: Pedometers, GPS, in Cell Phone

“Smart” Phones and some cell phones offer GPS capabilities. However, did you know that these phones also are capable of acting like a pedometer? A walking program can be downloaded from AllSportGPS and installed into these phones; the program allows your phone to measure your speed, distance, and calories burned, and displays a visual map of where you walk. The program can be purchased. For more information, check out: <http://portal.trimbleoutdoors.com/Main/Products/AllSportGPS/tabid/259/Default.aspx>



Google Maps: Tracking & Finding Place

- Map Your Walk with Google Maps

Track how far you walk with the Map your walk or hike with distance measurement tool provided by Google Maps.

Distance Measurement Tool

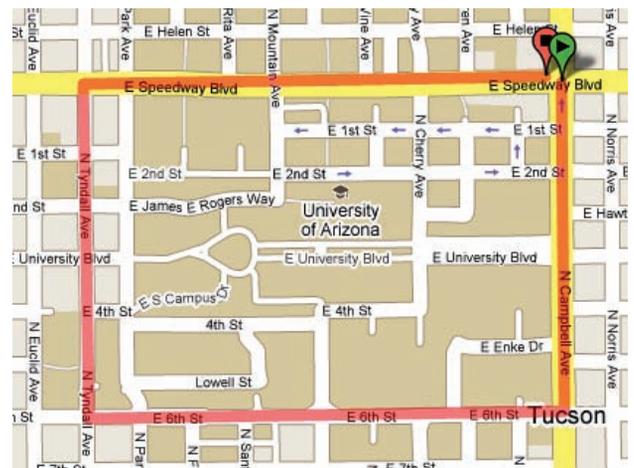
Click on the map to trace a path you want to measure.

Units:

Metric English [I'm feeling geeky](#)

Total distance:
2.74972 mi

Delete last point Reset



- Find Places to Walk and Hike in Arizona
Map your walk or hike with Google Maps.



References

2008 *Physical Activity Guidelines for Americans* by U.S. Department of Health and Human Service:
<http://www.health.gov/PAGuidelines/pdf/paguide.pdf>

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