

10,000 Steps: Using a Pedometer Workshop

10,000 Steps

- For most people, 10,000 steps per day is around five miles worth of walking during the day. Most people achieve it by one or more sustained walks or runs, equivalent to 30-60 minutes or more of walking per day. That equals the minimum daily exercise recommendation by the CDC.
- Catrine Tudor-Locke (2004) recommends the following:
 - Classification of pedometer-determined physical activity in healthy adults:
 - Sedentary - Under 5000 steps/day
 - Low Active Index - 5,000-7,499 steps/day
 - Somewhat Active Index - 7,500-9,999 steps/day
 - Active Index - 10,000 steps/day
 - Highly Active - more than 12,500 steps/day
- A good starter goal is to log 2,000 more steps per day than you already normally achieve. That is the equivalent of an extra mile per day, or walking steadily for 15 to 30 minutes (depending on your walking speed).
- Walking Pedometer Steps Equivalents
 - 1 mile = 2000 average steps (range 1900-2400)
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Pedometers

- Features
 - Steps, Distance, Calories Burned, Speed, Elapsed Time, Steps per Minute, Stopwatch, Alarm
 - Talking, Playing Music, Heart Rate Monitor
 - Interface with computers
- Internal Devices
 - Spring-Levered Pedometers with a Hairspring – least accurate; inexpensive
 - very common in food retail, events and such
 - Spring-Levered Pedometers with Coiled Spring – accurate; longer lifespan than a hairspring; longer battery life than accelerometers; moderately priced
 - Accelerometers - Piezo-Electric – most accurate at slower speeds and if worn at various angles; most expensive; must replace batteries approximately every 6 months
 - Omron HJ-112; New Lifestyles NL-800; New Lifestyles NL-1000
- Accurate Pedometers
 - Most Accurate Pedometers For Daily Step Counting
 - New-Lifestyles NL-2000
 - Yamax Digi-Walker SW-Series
 - Sportline 330
 - Kenz Lifecorder
 - Walk4Life LS 2525
 - Omron
 - Yamasa Skeletone
 - Fitware
 - Pedometers that Underestimated Steps
 - Accusplit Alliance 1510
 - Freestyle Pacer Pro
 - Colorado on the Move
 - Yamax Skeletone EM-180
 - Sportline 345
 - Sportline 330 (SL330)
 - Oregon Scientific
 - Pedometers that Overestimated Steps
 - Walk4Life LS 2525
 - Omron HJ-105
 - Oregon Scientific PE316CA

Walking Programs

- America on the Move
<https://aom3.americaonthemove.org/>
 - America on the Move is a free online pedometer walking program whose goal is to motivate people to walk an extra 2,000 steps per day and consume 100 fewer calories. The program can be used by individuals as well as by groups.
 - Each day you can enter your pedometer walking steps or your walking minutes. You can enroll in various goals: virtual hikes along Highway 50, the Lewis and Clark Trail, the Alaskan Military Highway or the Appalachian Trail. The tool tells you how many steps or walking minutes per day you need to average to complete your goal on time. You can record steps for any date since you joined the program. Articles are linked to tell you more about active living.
 - Tools: Healthy Eating, Goal Setting, Journal, Challenge Buddies, Virtual Trails
- Map My Walk
<http://beta.mapmywalk.com/>
 - Search, browse, or create maps of your favorite routes or destinations.
 - Type in a city to start and draw your walking route by clicking on the Google Map. See the distance in miles or kilometers.
 - Tools: Routes, Workouts, People
- Step Counters
<http://walking.about.com/c/ec/115.htm>
 - A daily four-week program. Newsletters are emailed to encourage meeting a goal of 10,000 steps per day.
- Walking 10,000
<http://www.accustep10000.org/10Ksteps/index.htm>
 - Walking10000.org is a resource for a lifestyle of wellness and well being through walking.
 - Tools: a wide variety of programs to suit your needs, up-to-date research information, ongoing support; tools to help you achieve your goals.