

Setting-Up Your Pedometer

1. Start the battery – open panel above Hamilton Walks logo and pull-out the clear plastic tab – replace the battery and close panel.
2. Clip pedometer over your belt or waistband (over your hip bone).
3. Push the top of the pedometer away from yourself to open display.



(photograph by Ann Marie Busch)

4. Set switch to STEPS.
5. Press to set number of steps to zero (0).
6. Close the pedometer. The pedometer should count between 38 and 42 steps when you walk 40 steps.

If not,

- readjust the position of the pedometer on your waistband

then,

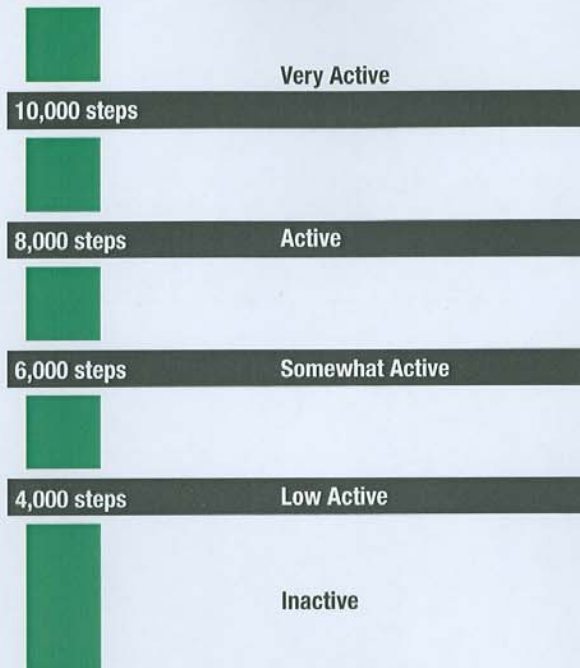
- if recording too many steps, move the grey switch at the bottom of the display a bit to the left
- if recording too few steps, move grey switch a bit to the right

7. DISTANCE and CALORIE measures have not been shown to be accurate. See full instruction sheet included with the pedometer for more details.

NOTE: opening the pedometer causes it to stop counting

How Active Are You?

(Average Number of Steps Per Day)



(Adapted from Tudor-Locke & Bassett, 2004, Pedometer-Determined Steps/Day in Healthy Adults)

Some Facts and Figures

- **2,000 steps = about 1.6 kilometres or 1 mile**
- **10,000 steps = about 8 kilometres or 5 miles**
- **A person who walks 10,000 steps/day will burn between 2,000 and 3,500 kilocalories/week, depending on their weight.**

(Source: www.ACTIVE 2010.ca)

Hamilton Walks

Pedometer Guide

(For Older Adults)

Become more active. Walk your way to better health.
Regular walking can help you:

- **Feel great**
- **Look better**
- **Improve circulation**
- **Increase energy level**
- **Sleep better**
- **Feel more relaxed**
- **Strengthen your heart**

Remember:

- For most people, walking is a very safe activity. Start slowly and gradually increase how far, how often, and how fast you walk.
- If you have any health concerns, consult with a health care professional to discuss whether walking is for you. Refer to the Physical Activity Readiness Questionnaire <http://www.csep.ca/pdf/par-q.pdf>
- Walk at a pace within your ability: you can hear yourself breathing, feel warm, and can still carry on a conversation.

For more walking information visit www.doitwell.ca
or call 905-546-2424 ext. 3521



Healthy Lifestyles & Youth Branch
Public Health & Community Services

Healthy Living
Hamilton
Do it Well!

Hamilton Walks Progress Sheet

Week	Instructions	Record Steps Taken Daily							* Average Daily Number of Steps per Week
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Week 1 Dates _____	Wear your pedometer and record the number of steps you normally take on each day. This will be used to calculate your baseline.								

Baseline (Average Daily Baseline Steps)

To calculate your BASELINE, add the number of steps you took during week 1 and divide by 7.

After you have calculated your baseline steps, slowly increase your steps as recommended below for each week. Aim for the recommended number of steps for at least 3 or 5 days.

Week 1 Total Steps _____ ÷ 7 = _____ baseline daily steps

Week 2 Dates _____	If baseline was: <2,000 steps 2,000 – 4,000 steps 4,000 – 6,000 steps >6,000 steps	Aim for: 2,500 steps on at least 3 days 2,500-4,500 steps on 3 days 4,500-6,500 steps on 3 days 6,500-8,000 steps on 3 days							
Week 3 Dates _____	If baseline was: <2,000 steps 2,000 – 4,000 steps 4,000 – 6,000 steps >6,000 steps	Aim for: 2,500 steps on at least 5 days 2,500-4,500 steps on 5 days 4,500-6,500 steps on 5 days 6,500-8,000 steps on 5 days							
Week 4 Dates _____	If baseline was: <2,000 steps 2,000 – 4,000 steps 4,000 – 6,000 steps >6,000 steps	Aim for: 3,000 steps on at least 3 days 3,000-5,000 steps on 3 days 5,000-7,000 steps on 3 days 7,000-8,000 steps on 3 days							
Week 5 Dates _____	If baseline was: <2,000 steps 2,000 – 4,000 steps 4,000 – 5,000 steps >6,000 steps	Aim for: 3,000 steps on at least 5 days 3,000-5,000 steps on 5 days 5,000-7,000 steps on 5 days 7,000-8,000 steps on 5 days							

Add other activities such as biking and swimming: 10 minutes of other activities = the number of steps you take in a 10-minute walk (about 800 to 1000 steps)

(Source: The First Step Program Resource Manual, 2001)

*** To calculate, add the total number of steps that week _____ ÷ 7 = _____ Average Daily Number of Steps per Week**