

Pedometer Use and Recording Steps Website Links



A pedometer is a simple device used to measure the number of steps taken in a day. Using a pedometer to record daily steps motivates people to walk more (<http://fitness.gov/pcpfsdigestjune2002.pdf>).

► **Frequently Asked Questions about Pedometers**

<http://www.mhp.gov.on.ca/en/active-living/pedometer/faq.asp>

► **The What, Where, Why, and Accuracy of Pedometers**

<http://www.centre4activeliving.ca/publications/quickfacts/pedometers/pedometer-info-sheet.pdf>

► **Using a Pedometer**

<http://www.mhp.gov.on.ca/en/active-living/pedometer/using-your-pedometer.asp>

Recording Steps-- Pedometer Logs or Progress Sheets

► **Pedometer Record Sheet**

http://www.doitwell.ca/downloads/Adult_Guide_2010_Final.pdf (recommended)

<http://www.lancaster.unl.edu/food/walk.pdf> (recommended)

<http://www.bcbs.com/innovations/walkingworks/walklog.pdf>

► **Enter the ACTIVE2010 Pedometer Challenge**

<http://pedometer.active2010.ca/PedometerChallenge/challenge.cfm>

► **Join the Women in Chatelaine's Walking Club!**

http://www.chatelaine.com/en/health/walk_fit

The Evidence Supporting Pedometer Use and Recording Steps

► **The Art & Science of Pedometer Programming**

<http://www.centre4activeliving.ca/publications/wellspring/2003/spring/pedometer-science.html>

► **How Do Pedometers Work**

<http://www.centre4activeliving.ca/publications/wellspring/2003/spring/how-pedometers-work.html>

► **Taking Steps Toward Increased Physical Activity: Using Pedometers to Measure and Motivate**

<http://fitness.gov/pcpfsdigestjune2002.pdf>

Additional Information

Schneider, P.L., Crouter, S.E., Lukajic, O., & Bassett, D.R. Jr. (2003). Accuracy and reliability of 1- pedometers for measuring steps over a 400-m walk. *Medicine & Science in Sports & Exercise*, 35(10) 1779-1784.

Tudor-Locke, C. (2001). A preliminary study to determine instrument responsiveness to change with a walking program: Physical activity log vs. pedometers. *Research Quarterly for Exercise and Sport*, 72(3): 288-292.

Tudor-Locke, C. & Bassett D.R. Jr. (2004). How many steps/day are enough?: Preliminary pedometer indices for Public Health. *Sports Medicine*, 34(1):1-8.

Tudor-Locke, C. & Meyers, A.M. (2001). Methodological considerations for researchers and practitioners using pedometers to measure physical (ambulatory) activity. *Research Quarterly for Exercise and Sport*, 72(1):1-12.

Tudor-Locke C., Myers., A.M., Bell, R., Harris, S., & Rodger, N.W. (2002). Preliminary outcome evaluation of the First Step Program: A daily physical activity intervention for individuals with type 2 diabetes. *Patient Education and Counseling*, 47(1): 23-28.