

## Get Moving with Your StepsCount Pedometer!

### How to wear it

- Attach your pedometer to your waistband or belt. Start by sliding on one corner of the clip, aligning it directly above your knee, on the same side as your writing hand.
- Don't force the clip onto a thick belt or it may break.
- The pedometer must remain vertical (not tilted) and close to your body.
- If the cover is not closed it will not count steps.



### How to use it

- Open the cover, and pull the small white tab to activate the battery.
- There are two buttons – **Reset** and **Mode**.
- The **Reset** button has a delay to help prevent accidental reset. To clear your total, simply press and hold the button for two seconds.
- The **Mode** button shifts you between **Steps** (quantity of exercise) and **Activity Time** (quality of exercise). In Activity Time, your pedometer records only when you are moving at speeds greater than 1.6 mph. When you stop and start moving it stops and starts as well (so if you walk for 60 minutes but stop to chat with a neighbour for 10 minutes along the way, it will record your walking workout as 50 minutes).
- To check your step count, leave your pedometer on your waistband and flip down the front cover.
- To get started, wear your pedometer for three days, then calculate the average number of steps walked per day. Use this number as your baseline, and gradually challenge yourself to increase your Steps each day and your Activity Time. Or challenge yourself to walk more Steps within the same Activity Time.

### How to check for accuracy

Reset your Steps to zero, close the cover and walk 20 steps. The pedometer should read 19 to 21 steps, a +/- 3% margin of error. If it reads too high, too low or "0", slide it around your waistband to get it more vertical. With a thin waistband, check that the weight of the pedometer hasn't caused the pedometer to flop over.

### How to take care of your pedometer

- Don't immerse it in water.
- Change the battery when the display fades – about once a year. (Pry off the tiny triangle on the cover.)
- Always use the safety strap. It keeps the pedometer from possibly falling into the toilet, disappearing into a snow bank or dropping to the ground if it slides off your waistband.

### STEPS VS DISTANCE

(this is approximate and depends on the length of your steps)

1,250	=	1 km
6,250	=	5 km
12,500	=	10 km
18,750	=	15 km
31,250	=	25 km