

CHOOSING A PEDOMETER

Here are a few things you may wish to consider when choosing a pedometer

FEATURES

A Pedometers main function is to “COUNT STEPS”.

Listed below are other features you may wish to consider. Keep in mind the more features the more complicated and the higher the cost

- Distance traveled
- Time walked
- Calories burned
- GPS Location and route information

DESIGN

Ask yourself is the

- Display panel easy to read?
- Are the buttons easy to use?
- Are the buttons protected to prevent them from being accidentally reset (i.e. flip down lid)?
- Is there a secure clip to hold it firmly in place at your waistline?
- Is there an extra safety clip? If not your may substitute with a safety pin and string. Pedometers have a tendency to fall to the ground or go for a swim in the washroom.

COST

Pedometers range from about \$15 to over \$100. Some companies, as part of their marketing strategies, have given them away free in cereal boxes and with fast-food meals. Ask a sells representative to help you select a good quality pedometer. They are not all created equal.

PURCHASING

Pedometers can be purchased at most department stores, sporting good stores or other specialty stores.