

# Pedometer Pointers



1. Wear your pedometer clipped to your waistband or your belt. To get the most accurate reading, wear your pedometer directly over your hipbone.
2. Wear your pedometer about a week without changing any of your habits. Each day, at the end of the day, write down how many steps are recorded. (Note: 2,000 steps equals 1 mile.)
3. An ultimate goal is 10,000 steps per day. That equals approximately 5 miles. If at first you are not walking 5 miles a day, try to do a little more each day. To reach a 10,000-step goal, most people need to do some purposeful walking a couple of miles each day.
4. To help increase your steps, try not to use time-savers such as drive-through windows, drive-through banks, and elevators. Think of some ways to walk when the weather is bad. You might be able to walk at the nearest mall, Walmart, or Lowe's to get in those extra steps.
5. Look for additional ways to be more active with your children or spouse. Instead of watching TV, playing video games, or surfing the internet, go for a walk, go to the park, or find some activity you enjoy doing as a family.



---

**Information Sheet 1775 (POD-04-17)**

Distributed by **David Buys**, PhD, MSPH, Extension State Health Specialist, Food Science, Nutrition, and Health Promotion. Reprinted with permission from material developed by Linda S. Rellergert, Nutrition & Health Education Specialist, University of Missouri Extension.



*Copyright 2017 by Mississippi State University. All rights reserved. This publication may be copied and distributed without alteration for nonprofit educational purposes provided that credit is given to the Mississippi State University Extension Service.*

Produced by Agricultural Communications.

We are an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director