



## Pedometer How To's



**Basics**—This pedometer is a simple to use step counter. Just clip it to your waistband and go! It will count your steps—walking, running, and even jumping—as you move.

**Clip It**—Firmly clip the back of your pedometer to your waistband. The pedometer should be clipped near your hip bone at your side. Be sure to put the leash on the pedometer and your waistband too. That way you won't lose it! Be careful if you want to put the pedometer on your belt, the back clip can break if it is opened too far.

**Count Your Steps**—Press the button on your pedometer to reset the counter to zero each morning. At the end of the day, write the number of steps from the pedometer—that is the number of steps you have taken—in that day's space on your **Activity Log**. Do this each day and on Monday, turn your **Activity Log** in to your teacher.

**Check It**—Look at your pedometer during the day. How many steps have you taken? You want to get at least 10,000 each day. If the day is almost over and you don't have many steps—you better get moving! Remember, the more steps you get, the better your chances are at winning.

**Take Care of It**—Be careful with your pedometer. You don't want to break it or lose it. Be sure to take it off at the end of the day when you write your steps on your **Activity Log**. Then, make sure you put it back on first thing in the morning. Keep it clipped to your waistband with the leash too. That way you won't drop it or lose it. If you do lose or break your pedometer, you are out of the competition unless you buy a new one. You can buy pedometers at most sporting goods stores or the sporting goods section at a department store.

**Go to [www.healthykent.org](http://www.healthykent.org) and click on the Kent Steps Up! logo for more information.**