

Pedometer Questions and Answers

Why wear a pedometer?

Pedometers are simple and fun to use! Wearing a pedometer not only provides a reality check on how active you are, it also serves as a measurable way to achieve your activity goals. It's a way of getting immediate feedback.

Where should I wear the pedometer?

Pedometers should be placed/clipped snugly on the waistband of clothing as close to the hipbone as possible.

How accurate are pedometers?

No pedometer will be 100% accurate 100% of the time!

My pedometer isn't working right. What should I do?

In many instances, problems with pedometers recording numbers accurately can be remedied by adjusting how the pedometer is positioned on the body. Here's what we've heard:

- multiple layers of clothing over a pedometer could affect steps recorded
- if your tummy is pushing the pedometer out of its upright position, the number of steps may be affected

If you're experiencing any of the problems above, slide the pedometer to the side directly under your armpit. If that still doesn't work, contact [contact name].

I know my pedometer had a bad reading today – it registered only 400 steps. What do I report?

Don't let this problem be a barrier for a successful completion of the challenge. You should record the number of steps you have in a day typical to the day with the bad reading. You are not cheating if you do this (as long as you enter a reasonable number based on the day).

I work out and do other activities that don't involve steps, like mopping the floor. How do I count those activities?

You will find a tracking form on the website that has some common conversions. In addition, you will find a conversation calculator on the webpage where you enter your stats.

What if my pedometer gets wet?

Pedometers have been known to survive a little water but it's not recommended. One participant dove into a swimming pool and immediately remembered having the pedometer on her waistband. She set the pedometer on the ledge of a sunny window and it worked fine the next day! Another suggestion is to remove the battery and replace it with a new battery when the pedometer is dry. Don't use a hairdryer or put it in the dryer!

Nothing shows up in the display of my pedometer. What's wrong?

It could be broken especially if it got wet, got dropped or took a direct hit of some sort. A dead battery could also be responsible for a blank display.

What do I do if my pedometer doesn't work anymore?

Stop by the Human Resources Department (5th floor, George Eastman Building) between 8:30 a.m. and 4:00 p.m. to exchange it for a working pedometer. If you are not at work during this time, please call or e-mail Human Resources to make arrangements for the exchange (x5-2424/v and x5-2420/TTY and hr@rit.edu).

How many steps are in a mile?

About 2,000 steps walked will equal one mile. Stride lengths vary from person to person so it's not the same for everyone. An average stride is somewhere between 2 and 3 feet in length.

How many calories are burned walking one mile?

That depends on the individual – height, weight, fitness level, whether your walking on flat or hilly ground, the temperature, etc. The average 150-pound person burns between 80 and 100 calories per mile.

For more great information on walking, visit www.thewalkingsite.com.

For answers to "Common Questions About Walking", visit www.runnersworld.com

