

Seeing the Difference . . .

Step by Step

People of all ages benefit from regular physical activity.

It reduces our risk of heart disease, hypertension, colon cancer, and diabetes. Physical activity also contributes to the health of muscles, bones and joints, helps us feel better, and gives us more energy.

For most of us, walking is the best type of physical activity.


Studies show that taking 10,000 steps a day (about five miles) can improve health and reduce the risk of chronic disease. You can count your steps by wearing a pedometer. Using a pedometer counts your footsteps by sensing your body's motion. It can help motivate you to increase your daily activity.

We hope that you'll use your pedometer in good health.

Four simple steps for using your pedometer

1. Remove the clear plastic tab and unhook the clasp to open the pedometer.
2. Press ADJ/ST to select English Units (MI LB IN).
3. Press SET to confirm your choice. The pedometer is now ready to count your steps.
4. To reset your steps, press ADJ/ST for 2 seconds.



See the reverse side of this sheet for tips about using this pedometer and for instructions for setting its optional features. 

Tips for using this pedometer

- Attach the pedometer to the front of your waistband—aligned with the front of your knee—snug to your body. The cover should be closed and the pedometer should be straight (horizontal). If you are wearing a dress, you may attach the pedometer to an undergarment, if the pedometer fits snugly to your body.
- Wear the pedometer during regular daily activities as well as when exercising. The pedometer will not count steps if you are on a bicycle and it is not waterproof, so you should not get it wet.
- Keep a journal. For a few days, record the steps that you take each day. Set a reasonable goal to add 50 to 100 steps more each day. Next, pick a long-term goal for yourself (maybe 10,000 steps per day) and track your progress. Don't be discouraged if you miss a daily goal: Write down what prevented you from reaching it (such as illness) and try again the next day.
- If you want to convert steps to miles, find a measured walking course and see how many steps you take in one mile (5,280 feet). There are approximately 2,100 steps to the mile, but this can vary depending on your height and stride length.

Instructions for setting optional features

To set clock (modes 1 and 2)

- When the display shows Time and Step count, hold down SET for 2 seconds.
- Leave it at 12 HR and press SET.
- Press ADJ/ST to increase the hour and press SET to confirm.
- Press ADJ/ST to increase the minutes and press SET to confirm.

Setting body weight for calories burned (mode 3)

- From Time and Steps display, press mode 2 times.
- Hold SET for 2 seconds.
- Press ADJ/ST to increase weight by 5 lbs and then press SET to confirm.

Setting stride length for distance traveled

- From Kcal and Steps display, press mode once.
- Hold SET for 2 seconds.
- For stride length, measure from the heel of one foot to the heel of the other as you walk forward.
- When length is known, press ADJ/ST to increase by 2 inches, then press SET to confirm.

Setting target calories

- From MI and Steps display, press mode once.
- Hold SET for 2 seconds.
- Press ADJ/ST to increase by one digit. Press SET to confirm and move to the next digit.
- To begin counting down calories, press ADJ/ST where REMAIN will flash.
- To end counting down calories, press ADJ/ST and REMAIN will not flash.

To reset all of the modes, use a pointed object (such as the end of a paper clip) to press the RESET button. After resetting, you will have to re-select English Units. (See “4 Simple Steps for Using Your Pedometer” on the reverse side.)