



Using Your Pedometer

Your pedometer is a great way for you to keep track of how many steps you walk each day. To get the most out of it, there are a few things you need to know.

- 1** The very first thing to learn is how to pronounce **“pedometer”**? It’s **pi-DOM-i-ter**, with the stress on the second syllable. Say it a few times fast!
- 2** Next important rule – don’t shake your pedometer. This will add “steps” that you didn’t really take. You want to measure how many steps you take each day, not how many times you shake your hand!
- 3** Also, you need to wear your pedometer in the right place. It should be clipped to your belt or waistband, on either side, right over your hip. If you clip it anywhere else, it won’t track your steps correctly.
- 4** If you clip your pedometer to your belt, wear it inside your belt, closer to your body. The closer it is to your skin, the better it will work.
- 5** **Also make sure your pedometer is upright and not tilting forward or backward or to either side.**
- 6** You can wear your pedometer all day long, so all the steps you take at recess and playing after school will count! Grown-ups like to try for 10,000 steps every day, and you can make that your goal. But just trying for more exercise every day is a good goal too!
- 7** Last of all, don’t forget about your pedometer when you go to the bathroom. Don’t let it fall in!

Did you know?

- 320 steps will use up the calories in one Oreo cookie. It takes 20 steps for each M&M that you eat!
- 10,000 steps is about 5 miles.
- The famous painter and inventor Leonardo DaVinci, who painted the Mona Lisa, developed a pedometer way back in the 1500s. Thomas Jefferson, our nation’s third president, invented one too.

Fun with Your Pedometer:

- Read about walking – try these books:**
- *A Good Night Walk* by Elisha Cooper (Scholastic)
 - *I Went Walking* by Sue Williams (Harcourt)
 - *Daniel and His Walking Stick* by Wendy McCormick (Peachtree Publishers)
 - *Crinkleroot’s Guide to Walking in Wild Places* by Jim Arnosky (Aladdin Paperbacks)

Backward steps count, too!
Try something different, but make sure you do it with a friend. Grab a partner and face each other, holding hands. Your friend can make sure you don’t back into anything. Try for a short distance, then switch.

Get more exercise and help the environment:
If you’re in a scout group, ask your leader if the group can spend some time walking and picking up litter.

Log your steps in a walk across the USA at www.peclogit.org. You can learn about state capitals along the way.



Count Your Steps!

Use this sheet to keep track of your steps over the next six weeks.
 Make a copy and share it with your family and friends so you can exercise together!



DATE	STEPS TAKEN



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