

Using a Pedometer

The purpose of a pedometer is to help increase daily exercise by quantifying total daily activity. There are many different pedometers available with a variety of functions ranging in price from \$3 to over \$55. I have carefully examined the features, read countless product reviews, read over the scientific evidence, and have decided that one model stood out from the rest. The Yamax Digiwalker SW 200 will be the official pedometer of Bazzini Fitness, LLC.

The Yamax pedometer is a simple little device that clips onto your belt or pant line and tracks how many steps you take in a day. Studies and my own experience suggest that people who wear pedometers get more activity per day and become more fit.

Sedentary people get about 1,500 to 2,000 steps a day where very active people may step 15,000 times a day. A recent study published in the April 2005 *Medicine and Science in Sports and Exercise* demonstrated that people who wear pedometers with the goal of trying to get to 10,000 a day, actually took more steps and walked further than those instructed to walk for 30 minutes a day, most days of the week.

The general goal is 10,000 a day. It is recommended that one wears the pedometer for a few days just to see what step range they are in before suddenly bumping their step or exercise volume.

A 5% - 10% increase per day maximum in daily step volume is a reasonable goal and progression.

A pedometer may not be for everyone. For example, a sedentary person with a history of heart disease who goes from 2500 step a day suddenly to 10,000 may end up in the emergency room. If any known disease is present (high blood pressure, diabetes, heart disease) one should consult a physician. For serious athletes who measure their performances in speed and distance, a step counter is probably not necessary.

After starting to use your pedometer you may find that attaining 10,000 a day is not always consistent. That's ok, but then try to shoot for 70,000 steps per week. 2000 steps is loosely about one mile of walking.

Achieving 10,000 steps a day is not a substitute for strength training, but an important part of a complete fitness program. Also, using an elliptical trainer, swimming, and biking will not register on a pedometer but are still outstanding exercise options. Remember to drink plenty of water and no exercise program will be successful without sound nutrition.

Pedometer Daily Steps General Guide

Population	Number of Steps a Day
General Universal Goal	10,000
Healthy Older Adults (over 60)	6000 – 8500
Healthy Adults (16 – 59)	8,000 – 13,000
Healthy Children (8 – 10)	12,000 – 16,000
Individuals with chronic disease	3500 – 5500
Sedentary Teenagers	less than 6500
Sedentary Adults	less than 3500
Sedentary Older Adults	less than 2500

Source: Presidents Council on Physical Fitness and Sports Research Digest 2002, Medicine and Science in Sports and Exercise May 2002, and Phillip Bazzini Fitness, LLC 2006

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www.BalanceTraining.com