



## Using The Pedometer

Pedometers count steps walked according to waist movement. Follow these instructions to help you move every day.

During the baseline period, wear your step counter and follow your normal routine as closely as possible. Enter your steps daily on your log sheet in the baseline section. This will help you set goals to increase your steps at least 10 percent each week.

### Where to Wear?

- To count accurately, wear the pedometer on your waistline or belt. If you are wearing a dress, try clipping it to a slip or other undergarment or safety pin it to the outside of the garment at waist height.
- Place the pedometer above the center of the thigh or knee. This can be either over the right or the left leg. Exact placement for your stride can vary.
- Keep the pedometer vertically level.

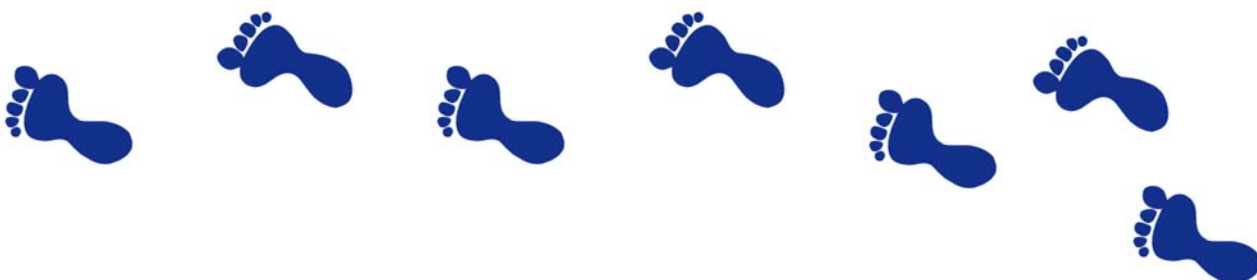
### Is it Working?

Conduct a test of your pedometer.

- Reset by pressing the reset button. The screen should read “0.”
- Attach to your clothing as described above.
- Walk and count 100 steps. View the display.
- If the number is close to 100, it is working. If the number is more than 110 or less than 90, re-check to see if the step counter is straight.

### It's Not Working

- Check to make sure the pedometer is positioned vertically, upright on your waistband or belt.
- Try moving the pedometer to different places on your waistband or belt and perform a recheck. Some people have to move the step counter as far as their hip.
- If you have trouble with digital watches, you may have a natural electronic balance that interferes with small electronics. In this case, you may want to try a mechanical model.
- Check out the battery and try rubbing it. If that doesn't work, it may need to be replaced (directions below).



### When to Wear?

- Wear your pedometer during most, if not all, of your day. Take it off for bathing or swimming.
- You can suspend and then restart the counter. You may want to suspend the step counting if you are riding on a bumpy road in a car. To do this, while pressing the mode button, press the reset button for 3 seconds. The step-counting function will be suspended. Restart the counting function the same way.

### What Mode is What?

This pedometer has two buttons. The smaller button near the center is the **reset** button and will clear the number memory. If not reset, the counter will record up to 99,999 before returning to 0.

The large button on the right is the **mode** button. Pressing the mode button will transfer and display the following:

- **Steps**  
This is the most valuable information for you! Setting a baseline and gradually increasing and maintaining movement is the key.

While there are many different brands and types of pedometers, the step counting is basically the same. Some count more non-walking movements as steps while others count only deliberate walking steps. What is most important is to establish a baseline with your pedometer and increase steps on that same pedometer. Whether you start at 500 and increase to 3,000 or whether you start at 8,000 and increase to 11,000 – the goal is to move more.

- **Miles/Kilometers**  
This pedometer does not allow you to set stride length. The default is 24 inches or 60 cm. The stride length increases 1.35 of the default at speeds over 2.3 steps per second.

The goal of this program is to increase the number of steps over time. We recommend paying attention to total steps rather than distance covered.

If you are in distance-based walking programs, we recommend using the average calculation of 2,000 steps per mile. If you prefer to calculate your own stride length, ask your walking program coordinator for conversion charts.



- **Calories**

The calorie calculation is based on a person weighing 120 pounds and does not allow you to input your own weight, height or age. We recommend focusing on increasing steps rather than on the step counter's calories mode.

**Replace or Rub the Battery:**

If your display is fading or blank, try this first: remove the battery, rub the contact surface with a soft cloth and return the battery. If that does not work, then replace as directed below.

- Obtain a LR-44 battery (readily available at discount, office supply or watch/camera stores).
- Open the back of the step counter:
  - Use a small tiny Phillips screw driver.
  - Loosen both screws and gently lift off the back cover.
  - Gently bend one of the metal tabs and push out the old battery.
  - Replace with the new battery one, making sure the "+" sign faces you as you slide it into the space.
  - Push the metal tab back down.
  - Replace the cover, tighten the screws.

**Note:** These instructions are specific to the DT1841T and DT1842T Digital Electronic Pedometer used in the WIN Steps program.



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